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JULY 2014

#87

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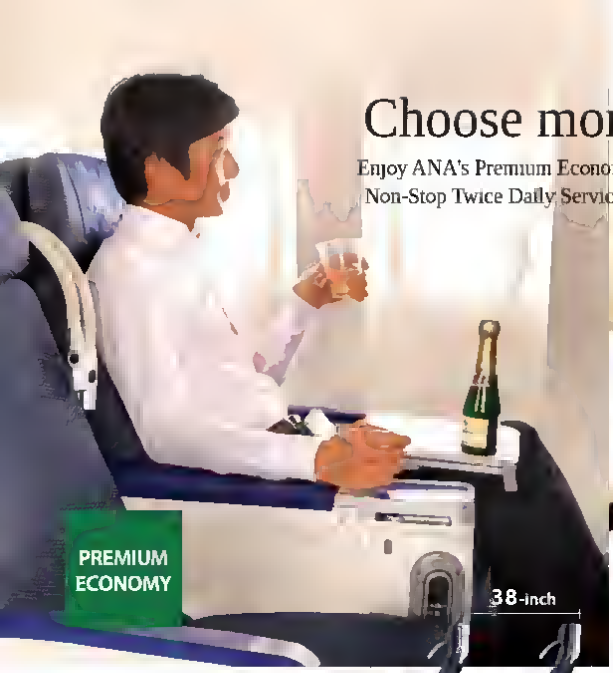

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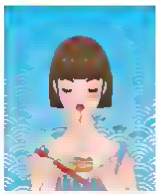

Cover
Ponto Ponta
www.as-amid.com
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SPECIAL REPORT 02 FIREWORK FESTIVALS IN JAPAN

Dynamic, yet elegant, powerful, yet ephemeral, the hanabi enjoyed in Japan represent Japanese craftsmanship and aesthetic sense, as well as the never-ending exploration of perfection. Here Chopsticks NY introduces select upscale firework festivals rich in history which you should definitely visit

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Craftsmanship in the Sky
Hanabi: Firework Festivals in Japan

For most Americans, fireworks are a symbol of celebration associated with events like the Fourth of July and New Year's Eve. However, in Japan the meaning behind them is slightly different. Literally translated as "fire of flowers," hanabi (fireworks) are often a symbol of consolation for the deceased, like as in many other Japanese summer festivals. They are closely related to the Bon Festival that celebrates ancestors' spirits during a certain period in summer. Therefore, summer festivals in Japan often come with hanabi and toro-nagashi, the custom of sending off the spirits of the dead on lanterns floating on a river or in the sea.

Dynamic yet elegant, powerful yet ephemeral, the hanabi enjoyed in Japan represent Japanese craftsmanship and aesthetic sense, as well as the never-ending exploration of perfection. Here Chopsticks NY introduces select upscale firework festivals rich in history which you should definitely visit.

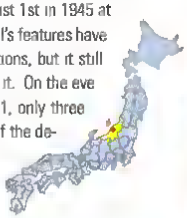
Nagaoka Matsuri Hanabi Taikai (Nagaoka Fireworks Festival)

(Niigata Prefecture)
August 2 and 3

Attracting 960,000 visitors in two days (2013), the Nagaoka Matsuri Hanabi Taikai is one of the most popular and prestigious firework festivals in Japan. 20,000 hanabi are set off over the Shinano River, the longest river in Japan. The widest set of hanabi (Wide Star Mine) encompasses about 2.8 kilometers (1.74 miles) and the single biggest hanabi (Sho Sanjaku-dama) is 650 meters (711 yards) in diameter when opening in the sky. In addition to standard styles of hanabi, several creative ones are also set off.

"Phoenix" is an extra wide star mine hanabi created as a prayer for recovery from a series of natural disasters that occurred in Niigata in 2004 and 2005. Various types of hanabi are set off in line with a total width 2.8 kilometers (1.74 miles), just like a phoenix.

The origin of the festival is rather sad. It started in 1946 as a one-year memorial of the Nagaoka air raid that took the lives of 1484 citizens in the city on August 1st in 1945 at the end of World War II. The festival's features have shifted more toward tourist attractions, but it still maintains the original spirit behind it. On the eve of the two day festival on August 1, only three hanabi are set off for a memorial of the deceased and a prayer for peace.



Official website: www.nagaokamatsuri.com (Japanese only)

The actual size of the biggest hanabi in this festival is 90 centimeters (2.9 feet) in diameter and 300 kilograms (661 pounds) in weight. Once set off in the sky, it blooms 650 meters wide (711 yards wide) fires at 800 meters (656 yards) above ground.

Memorial hanabi set off on the eve of the festival on August 1. Every year, three white hanabi are set off at the time when the air raid in 1945 started.

One of the creative hanabi was inspired by the epic drama *Ten-Chi-Jin*, which depicted local late 16th century hero Kanetsugu Nane.

Photos courtesy of Nagaoka Tourism Convention Association

"It's like a parachute of lights falling down on me."

I left Nagaoka a long time ago but I remember the hanabi festival being the highlight of my summer since I was a little child. The hanabi there are not just technically sophisticated, but also overwhelming. The colors, sounds and coordination really permeated into my body and it's like a parachute made of lights falling down on me. When I was a child we could walk toward the riverbank and enjoy watching hanabi while eating o-bento. But I heard that is impossible now and it's hard to buy a ticket for the balcony even for locals. I haven't seen the Nagaoka hanabi for decades now but I do want to see it again with my naked eyes.

–Rie Otsubo, New Jersey resident and Nagaoka native

Oomagari no Hanabi (All Japan Fireworks Competition)

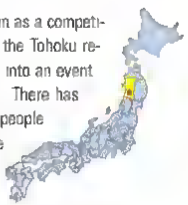
(Akita Prefecture)

August 23 (Fourth Saturday in August)

Named after the location where it's held, Oomagari no Hanabi (as it's commonly known) is not only a festival but more importantly a competition where major hanabi craftspeople from all over Japan gather and showcase their creations. Among several hanabi competitions in Japan, Oomagari no Hanabi is considered to be particularly prestigious, in the sense that the hanabi are lit by the hanabi creators themselves and important prizes are awarded, including the Prime Minister Prize.

The competition consists of several categories such as "Daytime Hanabi", "10-go dama" (compulsory and free sections) as well as "Creative Hanabi" that was launched at 1964's Oomagari no Hanabi. The hanabi entered in this last category tell a story by displaying light and music, and they are judged on how well they present the story from various aspects such as style, color, rhythm, and more.

Originally Omagari no Hanabi began as a competition between hanabi producers in the Tohoku region in 1910, and it has developed into an event attracting participants nationwide. There has been record attendance of 760,000 people visiting this one-day event to see the highest level of hanabi craftsmanship.



Official website: www.omagari-hanabi.com/index.php (Japanese only)

15,000-20,000 hanabi are set off every year in this hanabi competition. Top level hanabi creators participate and display their masterpieces made by incorporating various techniques of hanabi making and artistic sense.

Hanabi does not have to be circular; it can be triangular and square. The hanabi in the Creative Hanabi category maximize the creativity of hanabi craftspeople and show off artwork in the sky within 2 and a half minutes. This year marks the celebration of half a century since the Creative Hanabi category was launched at Omagari no Hanabi.

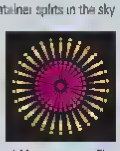
Photos courtesy of Oomagari Entrepreneurs Group

Basic Styles of Hanabi (rocket style hanabi only)

Rocket-style hanabi is divided into two types in terms of structure: the "spread type" and the "split type". The former represents a style whose sparks spread centrifugally in the sky like a flower. The latter is a type where its container splits in the sky and sparks fall down to the ground.

(Spread type)

Kiku (Chrysanthemum): Traditional-style hanabi where elegant strings of sparks spread like a chrysanthemum.



Botan (Peony): Tiny dots of sparks spread like a peony. The light of the sparks shines more powerfully making it look gorgeous.

Mangekyo (Kaleidoscope): Small chunks of hanabi powder wrapped in washi paper are laid out in the hanabi ball. When set off in the sky, it gives off kaleidoscope-like sparks.

Kamuro (Crown): The sparks last for a long time in this type. Naturally the sparks open wide, fall down slowly and the light tapers in the area close to the ground.

Katanemo (Various shapes): Lines and dots composed of sparks create certain shapes such as smiley faces, hearts, butterflies and stars.

Senrin (Thousand Rings): A hanabi container consisting of a bunch of smaller hanabi balls with hanabi powder creates many small flower shape sparks in the sky.

(Split type)

Yanagi (Willow): When a hanabi ball of this type splits in the sky, thin lines of sparks fall to the ground.

Hyousei (Flying Stars): Cylinders of hanabi powder inside a hanabi ball create sparks with irregular movement.

Hachi (Bees): Like the Hyousei style of hanabi, this type creates sparks with irregular movement but only quick circular movement as if bees are flying.

Hanarai (Flower Lightning): this gives off the strong light of sparks along with bang no sounds, just like lightning.

Suwa-ko Matsuri Kojo Hanabi Taikai (Suwa Lake Fireworks Festival)

(Nagano Prefecture)
August 15

Suwa Lake in Nagano Prefecture is located on a high elevation (760 meters) surrounded by mountains. This hanabi festival that sets off about 40,000 fireworks from the man-made island in the lake is one of the most upscale in Japan. Beautiful reflections on the lake make the show even more striking. Viewers can see the hanabi not only from the lakeside, but also from sightseeing boats on the lake.

It started in 1949 in hopes of recovering from the devastation after World War II, and it helped to boost the local economy. Suwa City also holds a Summer Night Fire Festival every night from late July to the end of August and sets off about 800 hanabi per night.

Official website: www.suwako-hanabi.com
(Japanese only)

Miyajima Suichu Hanabi Taikai (Miyajima Water Fireworks Display)

(Hiroshima Prefecture)
August 11

Held in the World Heritage Site, of Miyajima, this festival is known for suichu hanabi (a type of hanabi shot underwater). Suichu hanabi explode in the shallow water and exhibit hemisphere sparks above the water. The festival shoots both standard rocket style hanabi and suichu hanabi 400 meters (437 yards) offshore to create striking views of Miyajima's grand torii gate silhouetted by the illumination of the hanabi. The number of hanabi used is about 5000 and not as many as major hanabi festivals, but thanks to the incomparable scenery the festival attracts numerous photo enthusiasts.

Official website: www.miyajima.or.jp/english/index.html
(Japanese only)

Sumida-gawa Hanabi Taikai (Sumida River Fireworks Festival)

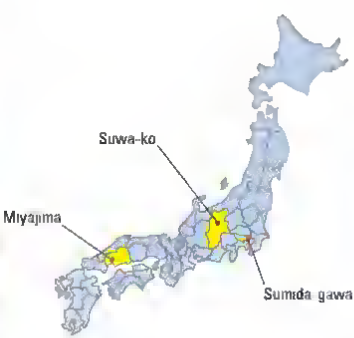
(Tokyo Metropolis)
July 26

This hanabi festival is the traditional summer night event in Tokyo and it is well-known overseas due to the beautiful hanabi show with the city of Tokyo as a backdrop. The view of big-size hanabi along with Tokyo Skytree (2,080 feet tall) is particularly stunning.

The origin of the current Sumida-gawa Hanabi Taikai was "Ryogoku no Kawabiraki" in the Edo Period. Back in 1732, there was a huge famine and many people in Edo (currently Tokyo) died from starvation and epidemics. In the following year, the Tokugawa Shogunate held a Shinto style memorial service at Sumida River, where hanabi were set off at Ryogoku, the banks of Sumida River. Hanabi became a summer pastime of the people in Edo.

Tokyo also hosts upscale events like the Tokyo-wan Dai Hanabi Taikai (Tokyo Bay Big Fireworks Festival) and the Edogawa-ku Hanabi Taikai (Edogawa-ward Fireworks Festival).

Official website: www.sumidagawa-hanabi.com/index_eg.html
(Japanese only)



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All Things New from Stores, Products to Events

BEAUTY

Brightening Skin Care Integrating Japan's Beauty Ideals

For centuries Japanese women have taken a holistic approach to achieve "Bihada," an idealistic complexion that is radiant, porcelain and flawless. Beyond the meticulous use of skincare products as part of their daily routine, women place tremendous value in eating a balanced meal to support their skin and overall wellbeing. This summer, Sunstar, a leading health, beauty and personal care company from Japan, introduces Equitance Skin Care, a holistically minded collection of skincare essentials and dietary supplement that help build and sustain a vibrant complexion.

For over 18 years, Sunstar's researchers and scientists in Japan have isolated key factors that lead to dark spots, uneven skin tone and discolorations. They identified two key components that can effectively offset these conditions: a patented blend of ingredients including linoleic acid from safflower seed oil, clinically proven for its brightening power, and a delivery system that slowly releases linoleic acid with its microcapsule that resemble the multilayered membrane of the epidermis. The Equitance collection integrates these innovative ingredients and technology from Japan to restore skin's natural radiance and beauty.

Rooted in the Japanese tradition by way of looking to nature for guidance in achieving true beauty, the line is blended with balanced botanical ingredients such as cherry blossom leaf extract, culled from Japanese sakura to soothe and soften rough skin, shell ginger extract from Japanese Alpinia speciosa Leaf to intensely moisturize and brighten, and eggshell membrane rich with L-cystine, an amino acid revered in Japan for its ability to illuminate the skin. The Equitance Brightening skincare products and the antioxidant-rich dietary supplement is a welcome beauty ritual to help offset the summer sun and achieve that flawless "Bihada" skin.

Skin Radiance Dietary Supplement ($50) features herbs and antioxidants Vitamin C and Hesperidin to boost skin's radiance and overall well-being.

The Equitance Skin Care collection of five skin brightening products feature their patented delivery system and natural skin brightening ingredients.

Sunstar Americas, Inc. TEL 1-855-827-0362 | www.equitance-us.com | www.sunstar.com

BOOK

Comprehensive Sake Guidebook by American Sake Expert in Japan

Today the number of sake fans in the U.S. is growing day by day, and there is a spectrum of fans with different degrees of curiosity and knowledge. 35-plus year Japan resident and leading sake expert John Gauntner published *Sake Confidential: A Beyond-the-Basics Guide to Understanding, Tasting, Selection and Enjoyment* this June. It covers both the basics for sake fans at an introductory level and offers interesting stories for sake connoisseurs. Some of the aspects touched upon are junmai versus non-junmai types, temperature, premium types, aging, purity, pasteurization and regionality as well as topics like how the industry works and what goes into sake pricing. *Sake Confidential* is available in bookstores and at Amazon.

Featuring a wide variety of topics from how to choose sake to what really creates sake flavors and aromas to how to improve your tasting ability, *Sake Confidential: A Beyond-the-Basics Guide to Understanding, Tasting, Selection and Enjoyment* (Stone Bridge Press) is a book which successfully assembles detailed information about the realities of the sake world in one place.

John Gauntner is the non-Japanese certified Master of Sake Tasting and he conducts sake professional courses for sake professionals and aficionados.

Info: www.stonebridge.com | www.sake-world.com

DRINK

Shochu to Sip Slowly and Relish

Komasa Jyozo Co., Ltd., known for producing only honkaku (premium) shochu in Kagoshima Prefecture in Japan, the mecca of shochu, has launched the premier version of their popular Kura no Shikon Shochu this summer. The original and new shochu both use premium sweet potatoes sourced from an award winning farm renowned for their Koshihikari rice, however, the divergence comes from the completely hand crafted process of the Gokujyo Kura No Shikon (Premier Kura no Shikon) shochu. Every step in production is painstakingly executed by the hands of Komasa Jyozo's discerning craftsmen. The process includes their signature use of unglazed clay pots that allow the shochu to "breathe" through the pores of the earthenware, simultaneously allowing the spirit to age into a mellow flavor, and follows with a time taking distillation process using natural wooden pipes and storage in large wood barrels.

The special attention given to the shochu by their craftsmen results in a complex, deeply rich aroma and taste that lingers longer on the palate. Usually, the sweet potato taste from the shochu tends to hit the tongue dynamically but quickly disappears. However, the hand crafted process of the Gokujyo Kura no Shikon adds a layered depth and richness to the flavor that evolves after every sip, transforming from the initial, recognizable potato flavor to a softened wheat taste, and finishing with the distinct woody aroma of the natural wood barrels.

Enjoy this premier shochu on the rocks to fully savor its complexity of taste. The flavors can become too strong if the shochu is cut with hot water, and cold water can dilute the exquisite aromas specific to this shochu.

The well balanced taste without the sweetness typical of potato based shochu makes Gokujyo Kura no Shikon the perfect complement to any dish

Komasa Jyozo Co., Ltd. | www.komasa.co.jp (Japanese only)
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BOOK

500 Volumes of Manga on Cloud-based Digital Comics Platform

VIZ Media, the largest distributor and licensor of manga and anime in North America, teams up with comiXology and has made available fans' favorite manga series for purchase on the comiXology's digital comics platform. Starting June 10, manga fans are able to read more than 500 titles, including hits ONE PIECE, BLEACH and NARUTO, using comiXology's Manga Fixed Format—a dedicated right-to-left full-page manga reading experience. With over 50,000 comics and graphic novels from more than 75 publishers, comiXology offers the widest selection of digital comics in the world. The titles currently available also include BAKUMAN (all volumes), NANA, DEATH NOTE, DRAGON BALL/ DRAGON BALL Z and RUROUNI KENSHIN, and many more to be added shortly.

Info: www.VIZ.com

BEAUTY

Meticulous Hairstyling by Shinji

With extensive experience in Tokyo, Osaka, Bangkok and New York, Japanese hairstylist, Shinji recently started taking his own clients at a hair salon in Chelsea. He offers a full range of hair services—from cuts and color to perms and styling—for a wide audience, and he makes a great effort to find the best style for each client. "Communication between customers is very important, but I am not a native English speaker, so I communicate with them through my technique," he explains. While trying to understand the client's personality and listen to his or her request, he also works to discover features that even the client has not noticed.

As for Shinji's signature style, "I would say it is long hair with natural volume—not really overdone but gorgeous, which I think fits in New York." Although almost 70% of his current clients are female, he has a growing number of male customers. "Men's haircuts require more technique and meticulousness, just like a sculpture. There are many businessmen who need haircuts every two to three weeks because impressions matter in the New York business world," he says. His meticulous approach, solid technique and sincere attitude will help you obtain the perfect personal style.

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(Featured Restaurants)
Sushi Zen / Cho Cho San / ChoiGa NaengMyun / ennju / Kaname Japanese Restaurant / Lucky Cat / Mikado / Shochu and Tapas AYA / Yakiniku West

15 Summer Ramens

(Featured Ramen Restaurants)
Ajisen Ramen / Hide-Chan Ramen / IPPUDO NY / Ramen Misoya / Ramen Setagaya / Ramen Takumi / TOTTO RAMEN / TOTTO RAMEN Hell's Kitchen / Umami Shoppu

Listing
19 Japanese Restaurant
28 Asian Restaurant

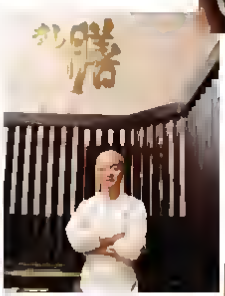
LESSONS BEYOND THE SUSHI COUNTER

SUSHI ZEN

There are a plethora of Japanese restaurants to choose from in New York City but if you're looking for truly authentic Japanese cuisine at a restaurant with a deep history and a charismatic chef, then look no further. **Sushi Zen** has been serving Japanese food to New Yorkers for over 30 years. Chef Toshio Suzuki opened Sushi Zen in 1983 at a time when sushi was not mainstream and Japanese food was simply equated to teriyaki chicken or Benihana grill. In order to make Japanese food more appealing to Americans, Chef Suzuki thought to himself, "I need to become a pioneer for Japanese cuisine," and developed the ura-maki (inside out roll), which now appears widely on sushi menus across the country. When Sushi Zen re-opened at a new location in 2001, it was out with the old fusion concept and in with the authentic Japanese cuisine, surrounded by traditional Japanese items throughout the restaurant.

Sushi Zen is a restaurant in which the chef uses food as a tool to teach about Japan including its history, geography, food culture, beliefs and craftsmanship. Some restaurants may serve only what is mainstream and easy to procure. But Chef Suzuki goes the extra mile to provide a wide variety of fish to meet his customers' needs even though it may not be cost effective. He also pays close attention to details to make sure the food is authentic and plated beautifully. Here, the experience goes beyond the sushi counter. Rather than creating a barrier between the customer and the chefs, Sushi Zen believes it is important to be transparent about the origin of everything in the restaurant. Customers can ask about where their fish came from or the origin of their dishes or the knives used by the sushi chefs. Chef Suzuki relishes these "teachable moments" to interact with his customers. "You can get physical satisfaction from eating something tasty, but there is another kind of satisfaction you can get when you gain knowledge. People come here to learn from me, but I learn just as much from them," says Chef Suzuki.

The current seasonal sushi/sashimi platter includes Spanish mackerel, tuna, striped bass, egg, shrimp, amberjack, yellowtail, salmon and scallop. Soft shell crabs are in season from June throughout the summer and can be enjoyed in many different ways. Chef Suzuki recommends deep frying them.

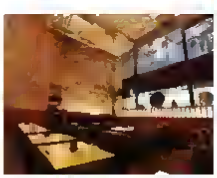


While Chef Suzuki has lectured to some of the country's top chefs at prominent culinary institutions such as the Culinary Institute of America, James Beard House, and the French Culinary Institute, he also finds pleasure in teaching newcomers to his restaurant about authentic Japanese cuisine and appreciating the simplicity of sushi.

At some restaurants talking directly to the head chef may be frowned upon. However, Chef Suzuki's friendly personality invites a dialogue from customers. Chef Suzuki's passion for teaching and learning is infectious. His extensive knowledge of Japanese history, beliefs, religion and philosophy draw in customers from all walks of life, from well-known restauranteurs to celebrities to chefs-in-training to tourists. Customers who have frequented Sushi Zen for decades come to see how the restaurant has change and savor the seasonal menus. Chef Suzuki also enjoys seeing how his customers themselves have changed and enjoys the frank exchanges of opinions and ideas.

If you are unsure of what's in season, try the omakase course in which Chef Suzuki will pick some of the finest selections of seasonal and premium cuts of sushi and sashimi. It is now soft shell crab season over the next few months. The soft shell crabs served at Sushi Zen are from the east coast. Chef Suzuki recommends, "Soft shell crabs should be eaten within a few days of being caught. They taste the best when they are fried, such as in karaage, so you can enjoy the crunchy texture. They can also be made into tasty boiled or marinated dishes."

While others may go to a restaurant simply to eat Japanese food, patrons of Sushi Zen go there for the high-quality, traditional Japanese food and unforgettable experiences with Chef Suzuki.



RESTAURANT DATA

108 W. 44th St. (bet. 6th & 7th Aves.) New York, NY 10036
TEL: 212-302-0707
www.sushizenny.com
Lunch: Mon-Fri 12 pm-2:30 pm
Dinner: Mon-Fri 5:30-10 pm, Sat 5-10 pm

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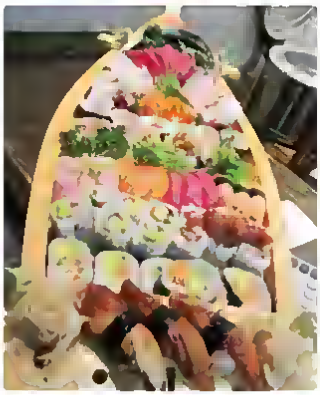
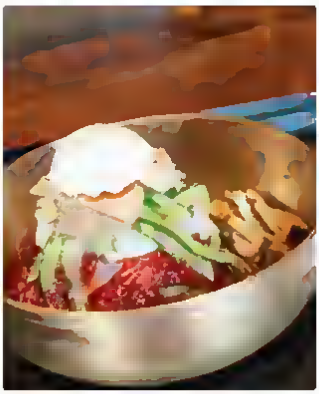


RESTAURANT DATA

15 W. 8th St
(bet. 5th & 6th Aves.)
New York, NY 10011
TEL 212-473-8333
www.chochosanrestaurant.com
Mon-Sat 4-11 pm
Sun 4-10:30 pm

Named after Puccini's Madama Butterfly and owned by a former actor **Cho Cho San** is a popular Japanese restaurant located near Blue Note New York. Beautiful and bountiful *Sushi Boat* is a luxurious option for summer dining. It is served with an assortment of nigiri sushi, sashimi and rolls including *Shrimp Tempura Roll*, *Spider Roll* and the most popular *Spicy Tuna Roll* made with a secret blend of spices and oil with no mayo. The restaurant regularly offers bento boxes and All-You-Can-Drink sake for $10 per person and accommodates party options up to 40 guests. During Happy Hour from 4:30 pm to 7 pm you can enjoy two rolls with miso soup for $10.

ICONIC SUMMER NOODLES DIRECTLY FROM KOREA
CHOIGA NAENGMYUN



RESTAURANT DATA

110 Broad Ave. 2F
Palisades Park, NJ 07650
TEL 201-945-6300
Mon-Sun. 11 am-10 pm

Find out why Korean food has become a popular cuisine in Japan when stepping into **ChoiGa NaengMyun**. Highly recommended for hot summer days is their appetite invigorating *Bibim NaengMyun* cold noodle dish that features freshly shipped noodles made of sweet potato starch from Korea and spicy Korean red pepper sauce directly imported from Yeong Yang district renowned for the quality of the peppers from the region. All combined in a broth brewed with assorted bones of ox ribs and neck for a distinctly delicious flavor that has made this dish the most popular summer dish in South Korea.

COOL REFRESHING HOME-STYLE NOODLES
ENNJU

RESTAURANT DATA

20 E. 17th St.
(bet. Broadway & 5th Ave.)
New York, NY 10003
TEL 646-336-7004
www.ennju.com
Mon-Fri 11:30 am-10 pm
Sat & Sun 12-8 pm

For 11 years **ennju** a casual Japanese diner in Union Square has provided authentic Japanese home style cuisine to New Yorkers. When an appetite is diminished from the summer heat they recommend the seasonally offered traditional summer dish *Cold Gomoku Udon*. Chilled, thick udon noodles are topped with Japanese favorites like nanohana greens, kamaboko (fish cake), tenkasu (tempura crumbs), sweet and savory shiitake mushrooms, beef, abura age (fried tofu) and boiled egg, and served in a cool bonito soy sauce based broth that will refresh you. Gomoku means five, or a mishmash of ingredients, in Japanese.

GENEROUS & RELIABLE GO-TO JAPANESE CUISINE
KANAME JAPANESE RESTAURANT

RESTAURANT DATA

783 Palisade Ave.
Cliffside Park, NJ 07010
TEL 201-886-0080
Lunch: Tue-Fri 12 pm-2 pm
Dinner: Tue-Sun 5:30-10:30 pm

Veteran Japanese restaurant owner and chef George Matsumura of **Kaname Japanese Restaurant** consistently offers a rich assortment of classic dishes that bring out the best seasonal flavors of Japanese cuisine. All your traditional favorites are served including crispy shrimp and vegetable tempura, sashimi and sushi, shumai and freshly caught grilled fish. Servings are also generous. Recommended is *Kaname Special Makuno U Chi* at $14.75, which is served at lunchtime only from noon to 2 pm (Tue.-Fri.). Their subtly sweet house-made Pineapple vodka is the perfect complement for a hot summer day.

RICH IN FLAVOR, TRENDY IN DELIVERY

LUCKY CAT

RESTAURANT DATA

232 E. 53rd St.
(bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL. 212-838-5333
www.luckycatnyc.com
Lunch: Mon-Sun 12 pm-3 pm
Dinner: Mon-Sun 5-11 pm

Luring in Ramen aficionados and Japanese tapas lovers to Midtown since February is **Lucky Cat**, the latest Japanese bar/restaurant by the owner of Hinomaru Ramen. The menu includes savory classics like *Age Takoyaki* (Octopus balls) and *Ankake Chahan* (Seafood fried rice with thick, flavorful sauce) but save room for their new *Akaneko Spicy*, a flavorful nabe style dish that simmers pork, cabbage, sprouts and spices for 13 hours until the pork bones dissolve into the broth. Don't leave without trying the *Oysters* topped with ponzu sorbet – a perfect complement to cold sake. Beer garden opens in July.

NEW CREATIVE ROLL THAT SHINES IN SUMMER

MIKADO

RESTAURANT DATA

525 6th Ave.
(bet. 13th & 14th Sts.)
New York, NY 10011
TEL. 212-255-9981
www.mikadosushibar.com
Mon-Sun: 11am - 11pm

Located in the heart of a bustling shopping area, **Mikado** offers New Yorkers a haven for authentic Japanese cuisine at reasonable prices with a selection of Japanese sake, beer and wine. This summer, be sure to try the colorful *Sunshine Roll*, a new addition to their wide variety of creatively hand rolled sushi. Spicy tuna, spicy salmon and broccoli are rolled with nori seaweed and then deep fried with tempura batter for crispiness. After it is arranged on a plate, it is topped with grilled white fish and garnished with tri-color rice crunches. Unagi sauce and spicy mayo embrace all flavors and textures that dance in your mouth.

ITALIAN TAPAS PAIRED WITH SHOCHU

SHOCHU AND TAPAS AYA

FREE glass of house shochu or wine for customers ordering the platter. Mention Chopsticks NY. Valid thru July 30

RESTAURANT DATA

247 E. 50th St.
(bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL. 212-715-0770
www.aya-nyc.com
Lunch: Mon-Fri 11:45 am - 2:30 pm
Dinner: Mon-Thu & Sat 4-11 pm, Fri: 4pm-12am

Shochu and Tapas AYA houses certified shochu sommelier Aya who offers more than 40 kinds of shochu paired with Italian tapas. Head Chef Atsushi Sasaki was trained in Italy and has created unique Italian-style tapas with a Japanese twist. Their *Tapas Platter* allows you to choose seven of your favorite kinds of dishes from about 15 different selections including *Chicken Liver Pate*, *Pork Pate*, *Oil Marinated Octopus*, *Scotch Egg*, *Prosciutto Iberico Pork*, *Chorizo Sausage* and *Apple and Vinegar Cured Pinxos* (pictured). With various types of tapas available from $6 - $15, $35 for seven is a steal. An ideal size to share between two people.

PREMIUM MEATS AT BARGAIN PRICES

YAKINIKU WEST

RESTAURANT DATA

218 E. 9th St.
(bet. 2nd & 3rd Aves.)
New York, NY 10003
TEL. 212-979-9236
Mon-Sun: 5-11:30 pm

Yakiniku West, the Japanese barbeque restaurant in the East Village, has offered New Yorkers a wide variety of high quality meats at reasonable prices since it opened its doors in 1988. Their premium *Zen* plate, designed for consumption by four meat aficionados, offers 8 kinds of meat that epitomize the Japanese barbeque experience: tongue, harami miso, premium short ribs, filet mignon, short rib boneless, short ribs, rib eye and sirloin Kobe beef. Zen means a luxurious extravagance in Japanese and this plate lives up to its name, leaving you full and happy.

HIMALAYAN YAK RESTAURANT

in JACKSON HEIGHTS

•BUY 1 GET 1 FREE DRINK!

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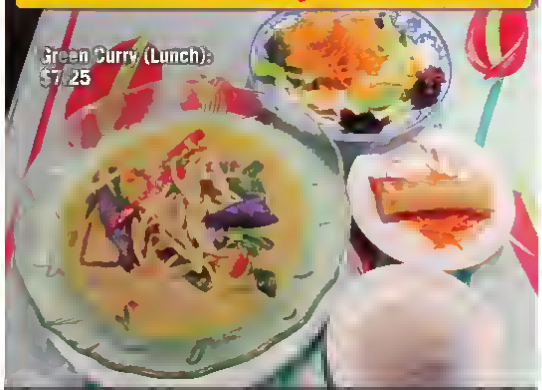
(Mention Chopsticks NY) Valid thru Aug15th

Himalayan Yak Restaurant
72-20 Roosevelt Ave., Jackson Heights, NY 11372 (718) 779-1119
Mon-Thur:12pm-11pm Fri-Sun:12pm-12am www.himalayanyak.com

What's the reason for 20 YEARS of success in Chelsea?

REASON 2:
A perfect destination for drinks with friends.

HAPPY HOUR 3:30pm-10:30pm
Wine and beer are Buy 1 Get 1 Free



ROYAL SIAM
240 8th Ave., (bet. 22nd & 23rd Sts.), New York, NY 10011
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592 9th Ave. (Btw. 42nd & 43rd St.)
212-265-4499
www.atninenyc.com

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646-368-9384

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COLD SOUP CILANTRO RAMEN
$12
Pork & Chicken Broth

HIYASHI COLD RAMEN
$12
Sesame oil Soy Sauce

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HON HAMACHI®

GOLD MEDAL
American Masters of Taste

SUPERIOR TASTE
PREMIUM YELLOWTAIL
本はまち

We provide yellowtails that are deliciaus and safe, as nature intended.

Not treated with CO gas or colored with red peppers to brighten up the color.

Never-Frozen

Taste is our priority

Which one would you choose?

Type 1, 2, & 3 hamachi are grown to be fat with less exercise in a small space.

Type 1. *Frozen yellowtails treated with CO gas*
It is difficult to determine the freshness. They always look fresh and also spoil quickly after defrost because the cells are ruptured in the freezing process

Type 2. *Fresh yellowtails treated with CO gas*
It is difficult to determine the freshness because they always look fresh

Type 3. *Fresh yellowtails that are not treated with CO gas*
This is regular fresh farmed yellowtail and grown to be fat with less exercise. Some of them are flavored with citrus juice, herbs, olive oil or vinegar for a better impression.

Type 4. **Safety and taste are the priority. Stylish Hon Hamachi**
Beautiful Hon Hamachi with firm flesh are grown in a farming net 50 times larger than the conventional ones. Hon Hamachi are grown in an environment closest to their natural habitat and not treated with CO gas. They are delivered with safety, freshness and quality in mind.

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The orders from hotels, restaurants and bars are on the rise!

Summer Ramens

The force of the ramen trend is unstoppable in New York, and new flavors and styles keep being introduced. Chopsticks NY will highlight the hottest summer ramens in 2014 that will cool you down and boost your energy.

Ajisen Ramen
Authentic Summer Ramen from Kyushu

RESTAURANT DATA

136 W. 28th St.
(bet. 6th & 7th Aves.)
New York, NY 10001
TEL: 646 638-0888
Mon-Sun: 11:30 am-10 pm

Established in 1968 in Kyushu, the mecca of tonkotsu ramen, **Ajisen Ramen** now has over 800 branches around the world. Their iconic summer ramen is *Hiyashi Chuka* featuring their original, refreshing tare sauce crafted with a blend of soy sauce, sake and mirin, aged for one full week then topped with sesame oil and lemon juice. The full-bodied tare strikes a perfect balance with their chewiest type of craft noodle selected from their larger selection of 10 freshly made offerings. Toppings include classic Japanese favorites for an authentic hot weather dish.

Hide-Chan Ramen
Stamina Boosting Ramen: 10 Bowls per Day

RESTAURANT DATA

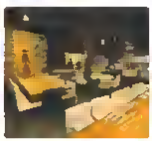
248 E. 52nd St., 2nd Fl.
(bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL: 212 813-1600
www.ramhide.com
Lunch: Mon-Fri 11:30 am-4:30 pm, Sat 12 pm-4 pm
Dinner: Mon-Wed 4:30 pm-11 pm, Thu&Fri 4:30 pm-4 am, Sat 4 pm-11 pm, Sun 4 pm-10 pm

Originally from Fukuoka, **Hide-Chan Ramen** serves Hakata style ramen since its opening in 2010. Be the first in line to get one of their *Hiyashi Chuka* bowls, served only to 10 lucky customers per day. The bowl includes their inventive yamaimo sorbet made by freezing grated Japanese yam and umeboshi (pickled plum) paste, known to increase your stamina in hot weather. These limited bowls also include nutrition rich ingredients like okra, avocado and grilled chashu. Also order their original 6 flavors of gyoza, a favorite amongst its dedicated fans.

IPPUDO NY
Italian Style Ramen in New York

RESTAURANT DATA

65 4th Ave
(bet. 9th & 10th Sts.)
New York, NY 10003
TEL: 212-388-0088
www.ippudony.com
Mon-Thu: 11 am-3:30 pm
5-11:30 pm; Fri & Sat
11 am-3:30 pm; 5 pm-12:30
am; Sun: 11am-10:30 pm



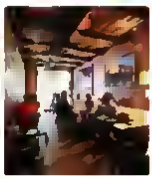
An East Village **IPPUDO NY** exclusive from July to September *Bara Bing Tsuke Men* is a delicious Italian take on the cold dipping-style noodle dish created by the Italian New York native Chef Jeremy. Prosciutto, fried eggplant, grilled zucchini, broccoli rabe, bara chashu (pork belly) and roasted garlic top flattened fettucini-looking ramen noodles, and comes with a warm dipping broth made with pork, a hint of tomato oil and sage. Order extra broth compliments of the chef, even after your noodles are gone. Bara Bing means "like & good" in Italian.

Ramen Misoya
Spicy, Cold Miso Noodles

FREE gyoza, fried chicken or fried pork with an order of *Hiyashi Tan Tan Men*. Mention Chopsticks NY. Lunchtime only. Valid from July 1-30

RESTAURANT DATA

129 2nd Ave.
(bet. 2nd & 3rd Aves.)
New York, NY 10003
TEL: 212-677-4825
www.misoyanyc.com
Mon-Sat: 12 pm-Midnight
Sun: 12 pm-11 pm



The first miso ramen specialty joint in NY **Ramen Misoya** offers hearty and nutritious ramen using their signature miso-based paste. To beat the long, hot summers of NY try their cold *Hiyashi Tan Tan Men* that features the signature white miso-base sauce blended with a trio of ma-yu (roasted garlic oil), ra-yu (spicy oil) and sesame oil. You can adjust the flavor to your liking with their house-made apple vinegar. Cucumber, bean sprouts, tomatoes, a boiled egg and hearty meat sauce combats any summertime lethargy over lunch or dinner.

Ramen Setagaya
Aged for 3 Years: Ramen Worth Waiting For

RESTAURANT DATA

34 1/2 St.Marks Pl.
(bet. 2nd & 3rd Aves.)
New York, NY 10003
TEL: 212-387-7959
www.ramensetagayany.com

Sun-Thu: 12 pm-11:30 pm
Fri-Sat: 12 pm-12:30 am

Ramen Setagaya has served up classic favorites to throngs of Japanese youth and ramen-loving New Yorkers since its opening in 2007. This summer try their spicy cold noodles *Kara Hiyashi Chuka* that features a legacied soy sauce based sauce (tare) that is aged for three years and balanced with Japanese vinegar at the restaurant. Japanese oils and spices garnish the pork and accent the freshness of Japanese cucumber, tomato, boiled egg and seaweed. Pair with their popular *Hiroshi Buns*, rich in flavor with a blend of spicy mayonnaise and

Ramen Takumi
Chilled Ramen with Fresh Summer Toppings

RESTAURANT DATA

1 University Pl.
(bet. Waverly Pl. & 8th St.)
New York, NY 10003
TEL: 212-228-2752
www.ramentakumi.com
Mon-Sun: 11:30 am-11 pm

Ramen Takumi offers reasonably priced craft ramen, sushi and a variety of home-style dishes. Their seasonal *Hiyashi Ramen Natsu*, a chilled summertime take on their homemade thin noodles features their original tare (sauce), spicy "tobanjan" paste and Japanese vinegar to create a perfect balance with their fresh toppings. Their signature Chashu, layers of pork and chicken slow roasted to tender perfection, is accompanied with broccoli, scallion, cucumber, boiled egg, bamboo shoot, and crab sticks. The *Poly Roll*, a sushi roll featuring 5 types of fish is also highly recommended.

TOTTO RAMEN
Ramen's Umami from 3 Niboshis

RESTAURANT DATA

366 W. 52nd St.
(bet. 8th & 9th Aves.)
New York, NY 10019
TEL. 212 582 0052
www.tottoramen.com
Lunch: Mon-Sat 12 pm-4:30 pm
Dinner: Mon-Sat 5:30 pm-Midnight, Sun 4-11pm

Opened in 2009, **TOTTO RAMEN** is the pioneer of "chicken paitan" ramen that features a thick white broth made from chicken bone, which continues to be a favorite amongst their dedicated fans. Their *Spicy Niboshi Ramen* blends their signature paitan and dashi broth made with three different types of *niboshi* (dried fish) to create the elusive umami of the soup. Their homemade spicy sesame oil sauce adds heat and power to the dish for the perfect balance. Extra toppings of bamboo shoot and boiled egg are highly recommended.

TOTTO RAMEN Hells Kitchen
Spicy, Italian Pasta Meets Ramen

RESTAURANT DATA

464 W. 51st St.
(bet. 9th & 10th Aves.)
New York, NY 10019
TEL. 646-596-9056
www.tottoramen.com
Mon 5-11 pm, Tue –Sat: 12 pm-4 pm, 5-11 pm, Sun: 12 pm-9 pm

Opened last year in the neighboring corner of its sister ramen joint **TOTTO RAMEN Hell's Kitchen** serves the same signature "paitan" ramen as the first location while creating their original ramen only offered limited time. This summer they are introducing B.E.T. Arrabiata that features freshness of tomato, kick of red pepper reviving aroma of basil and umami of Parmesan cheese and poached egg. Chewy medium thick curly noodles captures exquisite soup which cubed bacon and fresh tomato are mixed into. You can choose spiciness upon ordering.

Umami Shoppu
Father's Legacy Noodle Making

10% Off total receipt
Mention Chopsticks NY
Valid thru July 31

RESTAURANT DATA

513 6th Ave.
(bet. 13th & 14th Sts.)
New York, NY 10011
TEL. 212 229-9391
Mon-Sat 11 am-10:30 pm
Sun 11 am-10 pm

Bringing together his father's intensive ramen-chef training in Japan and his knowledge of the American palate, the owner chef of **Umami Shoppu** has innovatively introduced the flavors and textures of Japan's best noodles in the presence of toppings such as salmon, pickled ginger and woodear mushrooms. His summer-only specialty is the *Spicy Salmon Ramen* using a pork bone broth, simmered to perfection for over six hours and accented with his signature original shichimi spices and pastes. The lighter toppings create a sublime balance to complement hot temperatures.

Kajitsu

Chidoki

34-05 30TH AVE.
ASTORIA NY 11103
T: 718 806 1677

MON-THU, SUN	FRI-SAT
12pm-4pm	12pm-4pm
5pm-11pm	5pm-12am

PROMOTION (Valid thru July 1st - Aug. 31st)

BEER $3.50
with any order of hot noodles!!

MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

Maintaining fresh taste, rich texture and beautiful color, Toro Hamachi's quality is as teemed by chefs and sushi connoisseurs

Special Cho-Rei-Kun processing method allows Toro Hamachi to preserve its rich red bloodline which does not need to be removed. This increases fillet yield by 6.1% compared to other frozen hamachi.

Chef Charlie Chan of Umi Sushi (www.umisushinyc.com) has used Toro Hamachi for years. He loves its quality that is consistent all year round

Comparison of the fat content of various hamachis

	Water	Fat
Wild hamachi	59%	17%
Farmed hamachi	61%	16%
Toro Hamachi	52%	33%

Toro Hamachi contains 30% fat, which is twice as much the amount that hamachi normally has.

Vol. 42 - MONO of the month

Toro Hamachi ("Cho Rei Kun" Frozen Yellowtail)

Japan's aqua-farmed yellowtail Toro Hamachi has recently been gaining popularity in the U.S. since it started being sold here last year. As the name indicates, it is a Toro (fatty tuna)-like Hamachi (yellowtail), and it is currently carried in the U.S. by large seafood wholesale distributor True World Foods. But to what can we attribute Toro Hamachi's strong appeal? How is it different from regular yellowtail, and why is it such a hit for both restaurants and customers?

To start with, in Japan a one-year portion of Toro Hamachi is harvested mainly from December to February, as this is said to be the apex of when fish put on fat. Following this a special processing technology called Cho Rei Kun, which maximizes raw ingredients' original beauty and taste, is introduced. It was discovered after repeat trial and error in trying to remove blood in fish with a smoke solution (perfusate that is saturated with smoke), both complete removal of blood and stabilizing color tone was achieved at the same time. The current method incorporates a smoke solution and freezing in collaboration, and it is able to process any fish under 13 kg.

The special aspect of Cho Rei Kun is that it completely gets rid of all intracapillary blood during the treatment process. Thanks to this, the distinct blood stink smell that usually accompanies treatment is eliminated. Also, with the entire removal of intracapillary blood, the color of the yellowtail's meat itself is retained. It is not an exaggeration to say that the accuracy of blood removal largely determines things like a fish's quality and taste. It is said that the normal limit of yellowtail's fatty portion is 20%, but Toro Hamachi reaches 30% or more. It is a clear departure from other yellowtail, and finished with a texture and taste like that of fatty tuna. The ingredients that are used are produced by an aquaculture company via special order, and frozen processing of the fish takes place during that very season, preserving their seasonality.

Toro Hamachi's high quality makes it easy for restaurants to use, and Cho Rei Kun allows red meat portions that would have to be thrown away in traditional yellowtail due to being dark red with blood to be deliciously enjoyed instead. Most raw fish products are not stable in their quality, but Toro Hamachi is frozen so its quality can be ensured throughout the year. Despite the fact that it is frozen, its taste is not different from fresh yellowtail. Finally, because it doesn't have a fishy smell, it appeals to a wide range of customers and it can be used in a variety of cuisines.

Due to the success of Toro Hamachi, we might be seeing more fish that undergo Cho Rei Kun processing enter the U.S. market in the future (in Japan the Cho Rei Kun series features yellowtail, sea bream, amberjack, amberjack yellowtail, horse mackerel, etc.). Chefs that work with Toro Hamachi compliment its bright color and versatility, and they market it as premium yellowtail. They remark that customers notice the difference when they use yellowtail other than Toro Hamachi, which indicates the extent to which its taste has become widespread. Once you try Toro Hamachi, there is no going back to the yellowtail you once knew.

You can find the restaurant using Toro Hamachi at *www.torohamachi.com*

Info: True World Foods NY, LLC
www.trueworldfoods.com
TEL: 908 351 8090
info@trueworldfoods.com

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch | M Tu W Th F Sa Su Day Close | Delivery | Family Dining | Romantic Dining | Local Favorite | Vegetarian Friendly | Business Dinner

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★ Chopsticks NY available to pick up

Upper West

Bar Masa — $69
Time Warner Ctr 10 Columbus Cir
212-823-9800

Can Japanese Restaurant — $20
2018 Broadway (at 69th St)
212-877-5255

Haru — $35
433 Amsterdam Ave (bet. 80th & 81st St.)
212 579-5656

Ichie Restaurant — $20
53 W 10th St. (bet. Manhattan & Columbus Ave.)
212-865-4681

Jin Ramen* — $15
3183 Broadway (at 125th St.)
646-553-2651

Kitaro — $20
510 Amsterdam Ave. (bet. 84th & 85th St.)
212-787-5008

Koazaa — $25
695 Amsterdam Ave (at 93rd St)
212-280-8099

Kumo Sushi — $30
145 W. 72nd St. (Columbus & Amsterdam Ave.)
212-580-0228

Mama Sushi — $25
237 Dyckman St. (Broadway & Seaman Ave.)
212-544-0003

Mana Organic Cafe — $20
646 Amsterdam Ave. (bet. 91st & 92nd St.)
212 787 1110

Masa — $400
Time Warner Ctr. 4Fl Columbus Cir.
212-823-9800

Mumnyn Amsterdam — $42
427 Amsterdam Ave (bet. 80th & 81st St.)
212-580-0007

Oza — $25
566 Amsterdam Ave (bet. 87th & 88th St.)
212 787-8318

Pinnat Sunhr* — $25
370 Amsterdam Ave. (at 78th St.)
212-712-2162

Ruku* — Popular for the speedy delivery Ruku boasts over 50 kinds of original rolls on their menu making it a fun place to discover and try something new. Their Way 1 Get 1 Half Off for beer and sake is a great deal and you can also participate in their discount program.
57 W 76th St (at Columbus Ave.) — $20
212-873-1220

Saga Grill — $25
1295 Amsterdam Ave (bet. 122nd & 123rd St)
212-666-2990

Sajis — $15
258 W. 109th St (Broadway & Amsterdam Ave.)
212 749-1834

Suma Sushi — $25
984 Amsterdam Ave (bet. 107th & 108th St.)
212-280-5858

Sun-Chaa* — $25
2707 Broadway (bet. 103rd & 104th St.)
212 749-5008

Sushi Haaa — $35
466 Amsterdam Ave (bet. 82nd & 83rd St.)
212-874-1076

Sushi Yasaka* — $30
251 W. 72nd St. (Broadway & West End Ave.)
212-496-8460

Sushi Ya 2 — $18
827 W. 181st St. (bet. Pinehurst & Cabrini)
212 781-6833

Tonzaa — $32
285 Columbus Ave. (bet. 73rd & 74th St.)
212-580-7300

Vina Sushi & Sake* — $20
2353-55 Broadway (bet. 115th & 116th St.)
212 222 3588

Yasha Ramen* — $13
940 Amsterdam Ave. (bet. 106th & 107th Ave.)
212-222-2995

Upper East

Aki Sushr — $25
1425 York Ave (bet. 75th & 76th St.)
212-628-8885

AMURA* — $23
1567 2nd Ave (bet. 80th & 81st St.)
212 772 1616

Oongun — $60
309 E. 83rd St (bet. 1st & 2nd Ave.)
212 737 5656

Fuji Yama — $30
1456 1st Ave (bet. 76th & 77th St.)
212-249-2722

Haru — $30
1329 3rd Ave. (at 71th St.)
212-452 1028

Haru Sake Bar — $38
1327 3rd Ave. (at 76th St.)
212-452 2230

Ichiro — $30
1594 2nd Ave (bet. 87th & 88th St.)
212-369-6300

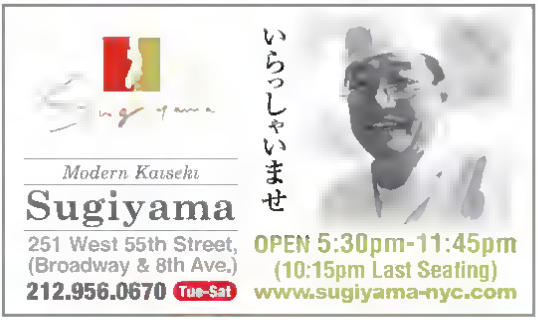
Ikenohaaa — $30
1016 Lexington Ave (bet. 72nd & 73rd St.)
212 737-1635

INASE* — $40
1506 1st Ave (bet. 82nd & 83rd St.)
212-628-1298

IRON Sashi* — $25
355 E. 78th St (bet. 1st & 2nd Ave.)
212 772 7890

Isahima — $30
1506 3rd Ave. (bet. 83rd & 84th St.)
212-628-0095

Iwasaki Sashi — $25
1103 1st Ave (bet. 60th & 61st St.)
212-308-8828



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SUN 12pm-9pm (Lunch & Dinner)
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5:30pm-12am (Dinner)
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366 W 52nd St. (bet. 8th & 9th Aves.) | TEL: 212-582-0052 | www.tottoramen.com

Upper East **Izakaya Oaichan***
354 E 58th St (bet. 1st & 2nd Ave.)
212-734-5270
$22 L

Upper East **Ko Sushi (2nd Ave.)**
1329 2nd Ave (at 70th St.)
212-439-1678
$21 L

Upper East **Ko Sushi (York Ave.)**
1619 York Ave (bet. 85th & 86th St.)
212-772-8838
$31 L

Upper East **Koto Sushi***
310 E 53rd St (bet. 1st & 2nd Ave.)
212-421-1216
$30 M

Upper East **Kyoto Sushi**
1240 Lexington Ave (bet. 83rd & 84th St.)
212-249-6024
$30 L

Upper East **Matsu**
411 E 70th St (bet. York & 1st Ave.)
212-744-5454
$30 L

Upper East **Naruto Ramen***
1596 3rd Ave (bet. 89th & 90th St)
212-289-7803
$10 L

Upper East **Ooki Sushi**
1575 3rd Ave (bet. 87th & 88th St.)
212-628-3388
$35 L

Upper East **Poke**
343 E 85th St (bet. 1st & 2nd Ave.)
212-249-0563
$30 Sa

Upper East **Sasabuna**
401 E 73rd St (bet. 1st & York Ave.)
212-249-8583
$40 M Sa L

Upper East **Shabu-Skabu 70***
314 E 70th St (bet. 1st & 2nd Ave.)
212-861-5535
$25 L

Upper East **Sushi Hana**
1501 E. 2nd Ave. (at 76th St.)
212-327-0582
$25 L

Upper East **Suski of Gen**
402 E 79th St (bet. 1st & York Ave.)
212-517-1340
$80

Upper East **Suski Seki***
1143 1st Ave (bet. 62nd & 63rd St.)
212-371-0236
$57 Sa

Upper East **Sushi Suki**
1577 York Ave. (bet. 83rd & 84th St.)
212-249-3786
$20 L

Upper East **Tanoshi Sushi Sake Bar***
1372 York Ave (bet. 73rd & 74th St.)
646-727-3056
$55 Sa

Upper East **Tatami 72**
1400 2nd Ave (bet. 72nd & 73rd St.)
212-472-1700
$20 L

Upper East **Tenzan**
56 2nd Ave. (bet. 52nd & 53rd St.)
212-980-0300
$35 L

Upper East **Teriyaki Boy***
1640 3rd Ave (bet. 91st & 92nd St.)
212-577-7150
$7 L

Upper East **Tokubei 86***
314 E 86th St (bet. 1st & 2nd Ave.)
212-628-5334
$25 L

Upper East **TORI SHIN**
1193 1st Ave (bet. 64th & 65th St.)
212-988-8400
$70 L

Upper East **Wajima**
134 E 61st St (bet. Lexington & Park Ave.)
212-813-3065
$30 Sa L

Upper East **Wasabi Lobby**
1584 2nd Ave (at 82nd St.)
212-249-8882
$20 L

Upper East **YUKA***
1857 2nd Ave (bet. 90th & 91st St.)
212-772-8675
$25 L

Midtown West

Midtown West **Ai's Suski**
374 W 49th St (at 9th Ave.)
212 265-5896
$15 L

Midtown West **Aki Sushi**
355 W 52nd St. (bet. 8th & 9th Ave.)
212 262 2868
$30 L

Midtown West **Aoki**
234 W 49th St. (bet. Broadway & 8th Ave.)
212-956-2956
$30 L

Midtown West **Bamboo 52**
344 W 52nd St. (bet. 8th & 9th Ave.)
212-315-2777
$12 L

Midtown West **Benihana**
47 W. 56th St (bet. 5th & 6th Ave.)
212-581-0990
$30 L

Midtown West **Bento Sushi***
1407 Broadway (bet. 38th & 39th St.)
212-804-1405
$8 Sa Su L

Midtown West **east 55***
253 W. 55th St. (bet. Broadway & 8th Ave.)
212-581-2240
$20 Sa

Midtown West **Go Sushi**
756 9th Ave (at 51st St.)
212-459-2287
$20 L

Midtown West **GO! GO! CURRY!***

The triple crown winner of Japanese curry contest is the one and the only curry specialty restaurant. They are known for long lines of diners and new take advanced orders. Delivery is available in Midtown West and East for a limited time. Details on website.
273 W 38th St (bet. 7th & 8th Ave.)
212-730-5555 www.gogocurryusa-ny.com
$8.5 L

Midtown West **Hanami Suski**

Fresh sushi at reasonable prices. Mention Chopsticks NY and you will received 20% off on a delivery order after 5:30pm. Lunch Special (11am - 4pm) Include Roll + $7.95 and 3 rolls $10.50. All You Can Eat is $28.95 w/ Free sake and sodas!
157 9th Ave (bet. 15th & 16th St.)
212-256-2957
$15 L

Midtown West **Haru**
205 W 43rd St. (bet. Broadway & 8th Ave.)
212-398-5610
$35 L

Midtown West **Ickimasa***
302 W 50th St. (bet. 8th & 9th Ave.) New York, NY
212-315-4800
$20 L

Midtown West **Imakaya**
231 W 40th St. (bet. 7th & 8th Ave.)
212-354-2195
$45 L

Midtown West **IPPUDO NY WESTSIDE**
321 W 51st St. (bet. 8th & 9th Ave.)
212 974-2500
$32 L

Midtown West **ISE Menkui-tei 56**
56 W 56th St. (bet. 5th & 6th Ave.)
212 707-1702
$25 L

Midtown West **Izakaya IROHA**
162 W 48th St. (bet. 6th & 7th Ave.)
212-398-6049
$30 L

Midtown West **KATSUHAMA55**
43-45 W. 55th St. (bet. 5th & 6th Ave.)
212 541 7145
$18 L

Midtown West **Kodama 45**
301 W 45th St (at 8th Ave.) | $25
212-582-8085

Midtown West **Koi**
40 W 40th St. (bet. 5th & 6th Ave.) | $60
212-921-9330

Midtown West **Monster Sushi**
22 W 46th St. (bet. 5th & 6th Ave.) | $30
212-398-7707

Midtown West **Natsumi**
226 W 50th St. (bet. Broadway & 8th Ave.) | $40
212-258-2966

Midtown West **NOBU 57**
40 W 57th St. (bet. 5th & 6th Ave.) | $100
212-757-3000

Midtown West **Ochn***
350 W 46th St.(bet. 8th & 9th Ave.) | $25
212-581-3136

Midtown West **Ootoya Times Square**
141 W 41st St. (bet. 6th Ave. & Broadway) | $20
212-704-0933

Midtown West **Sake Bar Hagi***
152 W 49th St. (bet. 6th & 7th Ave.) | $25
212-764-8542

Midtown West **Sapporo***
152 W 49th St. (bet. 6th & 7th Ave.) | $18
212-753-1372

Midtown West **Shimizu**
319 W 51st St. (bet. 8th & 9th Ave.) | $35
212-581-1581

Midtown West **Soba Nippan***
18 W 52nd St. (bet. 5th & 6th Ave.) | $30
212-489-2525

Midtown West **Sugiyama**
251 W 55th St. (bet. Broadway & 8th Ave.) | $85
212-956-0670

Midtown West **Sushi Ogawa**
330 W 58th St. (bet. 8th & 9th Ave.) | $45
212-707-8808

Midtown West **Sushi Osaka**
535 5th Ave. (W 30th & 37 th St.) | $15
212-629-3706

Midtown West **Sushiden***
123 W 45th St. (bet. 5th & 7th Ave.) | $45
212-398-2800

Midtown West **Sushi Zen**

Serving healthy and balanced fish in Midtown for over 20 years. Sushi Zen prepares Omakase at the sushi bar exclusively by the 7 veteran chefs. Each dish is made using fresh, premium ingredients and arranged to delight discerning palate

108 W 44th St. (bet. 5th & 7th Ave.) | $85
212-302-0707 www.sushizen-ny.com

Midtown West **Sushiya***
211 W 56th St. (bet. 5th & 6th Ave.) | $20
212-247-5758

Midtown West **TABATA***
540 5th Ave. (bet. 35th & 40th St.) | $15
212-230-7691

Midtown West **Tonkotsu Ramen***
345 9th Ave. (bet. 57th & 58th St.) | $12
212-307-0170

Midtown West **Totto Ramen**
366 W 52nd St. (bet. 8th & 9th Ave.) | $20
212-582-0052

Midtown West **Totto Ramen 51st St.**
464 W 51st St. (bet. 9th & 10th Ave.) | $20
646-596-9056

Midtown West **Yakitori TOTTO**
251 W 55th St. (bet. Broadway & 8th Ave.) | $45
212-245-4555

Midtown West **Yummy Sushi***
30 Rockefeller Plaza Concourse Level | $10
212-459-2100

Midtown East

Midtown East **Aburiya Kinnosuke***
213 E. 45th St. (bet. 2nd & 3rd Ave.) | $65
212-757-5454

Midtown East **Arata Sushi**
1047 2nd Ave. (bet. 55th & 56th St.) | $20
212-371-1338

Midtown East **Azusa***
3 E. 44th St. (bet. Madison & 5th Ave.) | $35
212-661-0001

Midtown East **DONBURI-YA***
137 E. 47th St. (bet. 3rd & Lexington Ave.) | $25
212-850-7809

Midtown East **Gyu-Kaku***
805 3rd Ave. 2 Fl. (at 50th St.) | $40
212-702-0816

Midtown East **Hakahai**
The Kitano Hotel 66 Park Ave. (at 38th St.) | $66
212-885-7111

Midtown East **Haru**
280 Park Ave. (at 48th St.) | $35
212-450-9500

Midtown East **Hatsuhana**
17 E. 48th St. (bet. Madison & 5th Ave.) | $50
212-355-3345

Midtown East **Hide-Chan Ramen**
248 E. 52nd St. 2 Fl. (bet. 2nd & 3rd Ave.) | $20
212-813-1800

Midtown East **HINATA**
152 E. 55th St. (bet. 3rd Ave. & Lex.) | $20
212-355-2374

Midtown East **Hiroshi Japanese Fusion**
585 3rd Ave. (bet. 38th & 39th St.) | $25
212-551-3200

Midtown East **Izakaya Ariyoshi**
226 E. 53rd St. (bet. 2nd & 3rd Ave.) | $25
212-319-3940

Midtown East **Izakaya Riki**
141 E. 45th St. (bet. 3rd & Lexington Ave.) | $40
212-986-5604

Midtown East **Jukai**
237 E. 53rd. St. (bet. 2nd & 3rd Ave.) | $30
212-644-5788

Midtown East **Kajitsu**
125 E. 39th St. (bet. Lex & Park Ave.) | $80
212-228-4573

Midtown East **KATSUHAMA47***
11 E. 47th St. (bet. Madison & 5th Ave.) | $18
212-750-5308

Midtown East **Kuruma Zushi**
7 E. 47th St. 2 Fl. (bet. Madison & 5th Ave.) | $100
212-317-2802

Midtown East **Mai Sushi Restaurant**
18 E. 41st St. (bet. 5th & Madison Ave.) | $18
212-400-8880

Midtown East **MEGU Midtown**
645 UN Fl. (bet. 47th & 48th St.) | $125
212-964-7777

Midtown East **Menchanko-Tei**
131 E. 45th St. (bet. 3rd & Lexington Ave.) | $14
212-986-6605

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248 E 52nd St 2nd Fl (Bet. 2nd & 3rd Ave) 212-813-1800
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Mon-Sat

Midtown East **Nodo-Sushi**
135 E. 50th St. (bet. 3rd & Lexington Aves.)
212-838-2537 — $25

Midtown East **NIKAI***
830 3rd Ave. 2nd Fl. (at 51st St.)
212-355-5656 — $12

Midtown East **Nippon***
155 E. 52nd St. (bet. 3rd & Lexington Ave.)
212-758-0226 — $49

Midtown East **Nishida Shoten**

Nishida Shoten is a ramen shop offering a wide range of menu items like tonkotsu ramen noodle soup and Izakaya style appetizers as well as over 30 different kinds of sake. With the décor reminiscent of the old Japan, enjoy a unique experience like no other.
302 E. 49th St. (bet. 1st & 2nd Ave.)
212-308-0791 www.ramenjoe.com — $13

Midtown East **Onya***
143 E. 47th St. (bet. 3rd & Lexington Ave.)
212-715-0400 — $30

Midtown East **Ramen Takami***
517 3rd Ave. (bet. 34th & 35th St.)
212-679-2752 — $10

Midtown East **Restaurant SEO**
249 E. 49th St. (bet. 2nd & 3rd Ave.)
212-355-7722 — $40

Midtown East **Ritago**
205 E. 45th St. (bet. 2nd & 3rd Ave.)
212-867-4200 — $50

Midtown East **Ronin Bar & Grill**
9 E. 37th St. (bet. Madison & 5th Ave.)
212-213-5137 — $15

Midtown East **Sakagura***

Largest sake bar in the world serving over 200 varieties of sake and seasonal daily specials. Homemade soba and lunch set of soba & rice bowl are popular. It is amazing to be out situated on the basement level is perfect for couples. Private parties available.
211 E. 43rd St. B1F (bet. 2nd & 3rd Ave.)
212-953-7253 www.sakagura.com — $50

Midtown East **Shinbashi***
7 E. 46th St. (bet. Madison & 5th Ave.)
212-213-1009 — $30

Midtown East **Shocha & Tapas AYA**
247 E. 50th St. (bet. 2nd & 3rd Ave.)
212-715-0770 — $30

Midtown East **Soba TOTTO**
211 E. 43rd St. 1 Fl. (bet. 2nd & 3rd Ave.)
212-557-6200 — $40

Midtown East **Sushi Tima**
821 2nd Ave. (at 44th St.)
212-953-8383 — $20

Midtown East **Sushi You***
246 E. 51st St. (bet. 2nd & 3rd Ave.)
212-752-2987 — $85

Midtown East **SashiAna**
36 E. 51st St. (at Park Ave.)
212-755-4780 — $50

Midtown East **Sushiden***
19 E. 48th St. (bet. Madison & 5th Ave.)
212-758-2700 — $45

Midtown East **TOMI JAZZ**
239 E. 53rd St. (bet. 2nd & 3rd Ave.)
646-497-1254 — $30

Midtown East **West Udon Izakaya**
150 E. 46th St. (bet. 3rd & Lexington Ave.)
212-922-9677 — $10

Midtown East **Yokuniku GEN***
250 E. 52nd St. (bet. 2nd & 3rd Ave.)
212-702-1123 — $50

Midtown East **YAMA Restaurant**
308 E. 49th St. (bet. 1st & 2nd Ave.)
212-355-3370 — $28

Midtown East **Yamakaga Tokyo**
1029 2nd Ave. (bet. 54th & 55th St.)
646-570-0583 — $20

Koreatown

Koreatown **Ichi Umi Restaurant***
6 E. 32nd St. (bet. Madison & 5th Ave.)
212-725-1333 — $30

Koreatown **Izakaya MEW***
53 W. 35th St. (bet. 5th & 6th Ave.)
646-354-8384 — $25

Koreatown **Kirakuyo**
2 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-7272 — $30

Koreatown **Toyama Sushi**
11 W. 36th St. (bet. 5th & 6th Ave.)
212-967-9541 — $22

Chelsea

Chelsea **AA Ichiban Sushi**

When you mention Chopsticks NY, you will receive 10% off on dinner. AA Ichiban Sushi offers original rolls like the Naruto Roll, which are very popular. The lunch special comes in a generous portion with tempura for only $8.50. Deliveries are always welcome.
213 W. 28th St. (bet. 7th & 8th Ave.)
212-675-8188 www.aaichibansushi.com — $10

Chelsea **Ajisea Ramen**

Founded in Japan in 1961 and now operates over 600 locations worldwide. Among their wide variety of dishes offered, Pork Buns prepared the authentic Tawanese way is a must try! Conveniently located just steps from Penn Station and Herald Square.
136 W. 29th St. (bet. 6th & 7th Ave.)
646-839-0888 — $15

Chelsea **Asuka Sushi***
300 W. 23rd St. (at 8th Ave.)
212-727-0868 — $25

Chelsea **Blue Ginger**
106 8th Ave. (bet. 15th & 16th St.)
212-352-0911 — $30

Chelsea **ennju***

A self-service restaurant conveniently located near union square station. ennju features an original menu created by the Japanese owner. There are many options to choose from including sushi, bento, ramen, udon, daily donburi and sake.
20 E. 17th St. (bet. 5th Ave. & Broadway)
646-336-7004 — $10

Chelsea **Cherry**
355 W. 15th St. (bet. 8th & 9th Ave.)
212-929-5800 — $50

Chelsea **Haaamizuki Cafe***
143 W. 29th St. (bet. 6th & 7th Ave.)
212-695-5533 — $9

Chelsea **IRON Sushi**
440 3rd Ave. (bet. 30th & 31st St.)
212-447-5622 — $25

Chelsea **GO! GO! CURRY!***

Chelsea Stadium is the 4th location of Go! Go! Curry in NYC. Katsu curry, "Home-run curry" and "Grand Slam" are always popular among New Yorkers. On the 5th, 15th and 25th of each month, get free topping coupons on purchase for GO GO DAY.
144 W. 19th St. (bet. 6th & 7th Ave.)
212-255-4555 www.gogocurryusa-ny.com — $0

Chelsea **Izakaya Ten**
207 10th Ave. (bet. 22nd & 23rd St.)
212-627-7777 — $25

Chelsea **Kiku Sushi***
235 9th Ave. (bet. 24th & 25th St.)
212-727-3660 — $15

Chelsea **Momoya Chelsea**
185 7th Ave. (at 21st St.)
212-989-4481 — $40

Chelsea **Master Sushi***
158 W. 23rd St. (bet. 6th & 7th Ave.)
212-620-0131 — $30

Chelsea **MORIMOTO**
88 10th Ave. (bet. 15th & 16th St.)
212-989-8883 — $90

Chelsea **Naka Naka**
456 W. 17th St. (bet. 9th & 10th Ave.)
212-929-0544 — $50

Chelsea **Ootoya Chelsea**
8 W. 18th St. (bet. 5th & 6th St.)
212-255-0018 — $20

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Chelsea — **Tanuki Tavern**
Gansevoort Hotel 18 9th Ave (at 13th St.) 212-660-6708 — $50

Gramercy

Gramercy — **15 EAST**
15 E. 15th St. (bet. Un on Sq. W. & 5th Ave.) 212-647-0015 — $80

Gramercy — **Aji Sushi**
519 3rd Ave. (bet. 34th & 35th St.) 212-696-2055 — $25

Gramercy — **Choshi***
77 Irving Place (at 19th St.) 212-420-1419 — $20

Gramercy — **Hamachi**
34 E. 20th St. (bet. Park Ave. & Broadway) 212-420-1300 — $25

Gramercy — **Hasa**
346 1st Ave. (at 20th St.) 212-696-0135 — $30

Gramercy — **Haru**
220 Park Ave. S. (at 18th St.) 646-426-0999 — $30

Gramercy — **Kaitan Sushi East***
386 3rd Ave. (bet. 26th & 27th St.) 212-683-2326 — $15

Gramercy — **Mishima***
164 Lexington Ave. (bet. 30th & 31st St.) 212-532-8596 — $25

Gramercy — **Mamokawa**
157 E. 26th St. (bet. 3rd & Lexington Ave.) 212-684-7630 — $35

Gramercy — **Saberi**
158 Lexington Ave. (bet. 30th & 31st St.) 212-481-7788 — $20

Gramercy — **Sushi SAMBA**
245 Park Ave. S. (bet. 19th & 20th St.) 212-475-9377 — $35

Gramercy — **Sushi SEN-NIN**
30 E. 33rd St. (Park Ave. S. & Madison Ave.) 212-683-2206 — $40

Gramercy — **Terakawa Ramen***
15 Lexington Ave. (bet. 23rd & 22nd St.) 212-777-2936 — $12

Gramercy — **YAMA Restaurant**
122 E. 17th St. (at Irving Pl.) 212-475-0965 — $20

West Village

West Village — **Cho Cho San***
15 W. 8th St. (bet. 5th & 6th Ave.) 212-473-3333 — $25

West Village — **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) 212-647-9196 — $40

West Village — **GO! GO! CURRY!***
With the motto "Everything for your genki," GO! GO! CURRY! has 15th 25th and GO! GO! Day. Order any kind of Curry and you can receive one free topping coupon. Vegetable Curry is now available at the Washington Square Park Student Union location. They offer free delivery.
231 Thompson St. (bet. W. 3rd & Bleecker St.) 212-505-2555 www.gogocurryusa-ny.com — $8.5

West Village — **Hokata Tontoe***
61 Grove St. (bet. 7th Ave. & Bleecker St.) 212-242-3480 — $25

West Village — **JINYA Ramen Bar***
24 Greenwich Ave. (bet. 10th & 11th St.) 646-329-9855 — $25

West Village — **Marumi***
546 LaGuardia Pl. (bet. Bleecker & 3rd St.) 212-475-7055 — $30

West Village — **Mikado***
525 6th Ave. (bet. 13th & 14th St.) 212-255-9881 — $20

West Village — **Miyagi**
220 W. 13th St. (bet. 7th & Greenwich Ave.) 212-620-3830 — $25

West Village — **Nagomi**
179 Prince St. (bet. Thompson & Sullivan St.) 212-387-9230 — $35

West Village — **Ramen Takumi***
60 University Pl. (bet. 11th & 12th St.) 212-223-2752 — $13

West Village — **Ramae-Ya**
181 W. 4th St. (bet. 6th & 7th Ave.) 212 989-5440 — $15

West Village — **Rockmeisha***
11 Barrow St. (bet. 4th & Bleecker St.) 212-675-7775 — $35

West Village — **Soto**
357 6th Ave. (bet. 4th St. & Washington Pl.) 212-414-3088 — $50

West Village — **Sushi Mambo**
255 Bleecker St. (bet. Leroy & Comelke St.) 212-675-5815 — $18

West Village — **Sushi Yawa**
26 W. 8th St. (bet. 5th & 6th Ave.) 212-253-9888 — $30

West Village — **The Tokyo Tapas Cafe**
7 Cornelia St. (bet. Bleecker St. & 4th) 212-242-1333 — $12

West Village — **Tomae Sushi**
172 Thompson St. (bet. Houston & Bleecker St.) 212 777-9346 — $40

West Village — **Ushiwakamaru**
136 W. Houston St. (bet. Sullivan & MacDougal St.) 212 228-4191 — $80

East Village

East Village — **Ashiya**
187 1st Ave. (bet. 10th & 11th St.) 212-505-3348 — $15

East Village — **BOND ST**
6 Bond St. (bet. Lafayette & Broadway) 212-777-2500 — $75

East Village — **Cha-An**

Serving a wide variety of tea from China, Japan and India as well as organic sweets created by our pastry chef. The Daily Special Set for lunch or dinner comes with white wine or sake. Traditional tea ceremony in Seika-do (tatami tea room) is available by reservation.
230 E. 9th St. 2Fl (bet. 2nd & 3rd Ave.) 212-228-6030 www.chaanteahouse.com — $20

East Village — **Curry-Ya**

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors, and its intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.
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228 E 10th St (bet. 1st & 2nd Ave) $40
212-387-8545

East Village **Gyu-Kaku***
34 Cooper Sq (bet. 4th St. and Astor Pl) $40
212-475-2569

East Village **Hasaki***
210 E 9th St (bet. 2nd & 3rd Ave) $40
212-473-3327

East Village **IPPUDO NY**
65 4th Ave (bet. 9th & 10th St) $29
212-388-0088

East Village **IRON Sushi***
212 10th St (bet. 1st & 2nd Ave) $25
212-228-0102

East Village **Jeponica**
109 University Pl (at 12th St) $40
212-243-7752

East Village **JEWEL BAKO**
239 E 5th St (bet. 2nd Ave. & Cooper Sq) $45
212-673-1012

East Village **Kembi Ramen House***
351 E 14th St (bet. 1st & 2nd Ave) $15
212-228-1368

East Village **Keeke***
25 St Marks Pl (bet. 2nd & 3rd Ave) $25
212-254-6313

East Village **Kotoheki**
98 3rd Ave (bet. 10th & 11th St) $25
212-353-9088

East Village **Kuhoya**
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212-777-7010

East Village **Kyo Ya**
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East Village **May's Place Sushi***
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East Village **Menkoi-Tei***
63 Cooper Sq. (bet. 7th St. & St. Marks Pl) $10
212-228-4152

East Village **MINCA**
536 E. 5th St. (bet. Ave. A & B) $10
212-505-8001

East Village **Natori**
58 St. Marks Pl (bet. 1st & 2nd Ave.) $20
212-533-7711

East Village **Noodle Cafe Zee***
31 St. Marks Pl (bet. 2nd & 3rd Ave.) $12
212-533-6955

East Village **OH! Teisho***
5 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
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East Village **Otafuku × Medetai***

Otafuku x Medetai specializes in popular Japanese comfort food Takoyaki (octopus balls) and Okonomi yaki pancakes as well as Mentai (Tarako) and Yaki soba. Our food will make you feel like you are in downtown Tokyo
220 E. 9th St. (bet. 2nd & 3rd Ave.) $7
646-535-3436

East Village **Ramen Misoya New York***
123 2nd Ave. (bet 7th St. & St. Marks Pl) $10
212-677-4825

East Village **Ramen Setagaya (St. Marks Pl)***
34A St. Marks Pl. (bet. 2nd & 3rd Ave.) $13
212-387-7868

East Village **Rai Rai Ken***

Have you ever seen the movie Tampopo – a Japanese cult movie about sizzling ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen without MSG. Don't forget our homemade gyoza too. They guarantee the most delightful experience!
218 E 10th St (bet. 1st & 2nd Ave.) $15
212-477-7030

East Village **Robataya NY**

Feast on fresh shipped from Tsukiji market and local ingredients carefully grilled to perfection this is authentic robatayaki. You will love the satisfying à la carte menu with carefully selected sake and shochu. Chef's choice $18, tasting course $40, popular lunch set $10
231 E 9th St (bet. 2nd & 3rd Ave) $45
212-979-0674 www.robataya-ny.com

East Village **Seke Bar Decibel**
240 E 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

East Village **Seke Bar Satsko**
202 E 7th St. (bet. Ave B & C) $25
212-614-0333

East Village **Shohu-Tetsu***
219 E 10th St. (bet. 1st & 2nd Ave.) $30
212-477-2372

East Village **Shima**
189-190 2nd Ave (at 12th St.) $20
212-260-6303

East Village **Sobeya***

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212-533-6966 www.sobaya-nyc.com

East Village **Sohokoh***
309 E 5th St (bet. 1st & 2nd Ave.) $15
212-254-2244

East Village **Souen East Village***
326 E 6th St. (bet. 1st & 2nd Ave.) $15
212-388-1155

East Village **Soseen Restaurant***
28 E. 13th St. (bet. University Pl & 5th Ave.) $20
212-627-7150

East Village **Sushi Zeyy***
57 1st Avenue (bet. 3th & 4th St.) $20
212-228-5518

East Village **Tokahachi East Village**
65 Ave. A (at 6th St.) $25
212-505-6624

East Village **Udon West***
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20

East Village **Umnote**
Umnote is a Japanese omakase food restaurant in East Village with a fine selection of sake and over 50 kinds of shochu. All authentic Japanese Kaiseki style dishes are prepared by the owner/chef. Try Goto Udon (Udon noodles from Goto Islands of Japan)
96 E 3rd St. (bet. 1st & 2nd Ave.) $20
646-654-1122 www.downtownumino.com

East Village **Village Yokocho**
8 Stuyvesant St. 2FL (bet. 9th St. & 3rd Ave.) $20
212-598-3041

East Village **Wasao**
108 E 4th St. (bet. 1st & 2nd Ave.) $35
212 777-1377

East Village **Yakiniku West***
219 E 9th St (bet. 2nd & 3rd St.) $25
212-979-3238

East Village **Yakitori Taisho***
5 St. Marks Pl (bet. 2nd & 3rd Ave.) $20
212-228-5066

East Village **Yoshi Sushi***
131 Ave. A (bet. St. Marks Pl. & 9th St.) $25
212-420-5309

East Village **Yuba Restaurant**
105 E. 9th St (bet. 3rd & 4th Ave.) $40
212-777-8189

East Village **Zen 6***
329 E 6th St (bet. 1st & 2nd Ave.) $15
646-473-8471

Lower Manhattan

Lower Mnhn **Ajisen Ramen**

Established in Japan in 1968. A global ramen shop; franchises with over 800 branches. This is the first location in New York City, and the menu offers a wide variety of umami ramen and yakiton skewers that makes your every visit a special one.
14 Mott St (bet. Worth & Bayard St.) $16
212-267-3620

Lower Mnhn **Bento Sushi***
32 Broadway (at Morris St.) $8
212-747-0994

Lower Mnhn **Cube 63**
63 Clinton St (bet. Rivington & Stanton St.) $21
212-228-8751

Lower Mnhn **Elevate Restaurant***
93 Bowery (at Hester St.) $25
646-329-3418

Lower Mnhn **Family Recipe***
231 Eldridge St (bet. Houston & Stanton St.) $30
212-529-3133

Lower Mnhn **GO! GO! CURRY!***

World Trade Center Stadium is their 3rd location after Times Square and Washington Square Park Stadium. On the 5th, 15th and 25th of each month get free topping coupons on purchase for GO GO DAY. Check the website for special promo
12 John St (bet. Broadway & Nassau St.) $8
212-406-5555 www.gogocurryusa-ny.com

Lower Mnhn **ISE Downtown***
56 Pine St. (bet. Pearl & William St.) $30
212 785-1800

Lower Mnhn **Kaijou**
21 South End Ave (at W. Thames St.) $38
212-786-5858

Lower Mnhn **Maison O**
99 Kenmare St. (bet. Mulberry & Lafayette) $30
212-274-9898

Lower Mnhn **Mottsu**
205 Mott St. (bet. Prince & Houston St.) $25
212-343-9017

Lower Mnhn **Soy**
102 Suffolk St. (bet. Delancey & Rivington St.) $14
212-253-1158

Lower Mnhn **Sushese**
325 Broadway (bet. Worth & Duane St.) $20
212-602-2500

Lower Mnhn **Sushi Azabu**
428 Greenwich (bet. Laight & Vestry St.) $50
212-274-0428

Lower Mnhn **SUteiShi**
24 Peck Slip (bet. Front & Water St.) $30
212 766-2344

Lower Mnhn **Yopparai**
151 Rivington St. (bet. Suffolk & Clinton St.) $40
212 777 7253

Tribeca

Tribeca **Brushstroke**
30 Hudson St (at. Duane St.) $130
212 791-3771

Tribeca **MEGU New York**
62 Thomas St (bet. Church & W. Broadway) $125
212 964-7777

Tribeca **NINJA***
25 Hudson St. (bet. Reade & Duane St.) $35
212-274-0500

Tribeca **NOBU**
105 Hudson St (at Franklin St.) $100
212-219-0500

Tribeca **NOBU NEXT DOOR**
105 Hudson St (bet. Franklin & N. Moore St.) $75
212-334-4445

Tribeca **Rosanjin**
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212-346-0664

Tribeca **Shigure***
277 Church St (bet. White & Franklin St.) $25
212 965-0200

Tribeca **Tokahachi Tribeca***
145 Duane St. (bet. Church & W. Broadway) $35
212 571-1830

Tribeca **Zutto***
77 Hudson St (bet. Jay & Harrison St.) $48
212 233-3287

Soho

Soho **Blue Ribbon Sushi**
119 Sullivan St (bet. Spring & Prince St.) $51
212-343-0404

Soho **Hiroko's Place**
75 Thompson St. (bet. Broome & Spring St.) $15
212-925-1303

Soho **Omen**
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212-925-8923

Soho **Soseen Soho***
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718-623-1600

Brooklyn **Bozu**
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718-384-7770

Brooklyn **Catswell***
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718-388-5333

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9316 4th Ave. (bet. 93rd & 94th St. 718-833-7788 $38 L

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331 Flatbush Ave (bet. Park & Prospect Pl.) 718-636-6466 $25 M

Brooklyn **Hibino**
333 Henry St. (at Pierrepont St.) 718-290-8052 $30 L

Brooklyn **IZAKAYA aa SMITH***
176 Smith St. (bet. Wyckoff & Warren St.) 718-855-2277 $20 L

Brooklyn **Mizu**
132 Bedford Ave. (bet. 6th St & 7th St.) 718-782-6566 $20 L

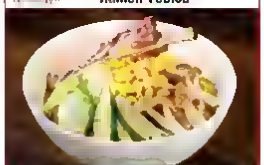
Brooklyn **Naruto Ramen**
276 5th Ave. (bet. 1st & Garfield St.) 718-832-1111 $12 L

Brooklyn **Oshima Restaurant**
71 7th Ave (bet. Berkeley & Lincoln Pl.) 718-783-1888 $25 L

Brooklyn **OZU**
79 Clark St. (bet. Hicks & Henry St.) 718-797-3299 $20 L

Brooklyn **qoo Rohata***
367 Metropolitan Ave. (at Havemeyer St.) 718-384-8493 $25 L

Brooklyn **Ramen Yebisu***



Ramen Yebisu brings an authentic Sapporo-style ramen to New York by combining fresh and seafood ingredients with a chewy, thicker-style noodle. Each sip of the broth is reminiscent of Hokkaido and the traditional ingredients used in this part of Japan. Our summer recommendation is Extra Spicy Ramen, which has a variety of vegetables that are simmered for hours to enhance our soup stock, making it even more tasty.

126 North 6th St. (at Berry St.) 718-782-1444 $15 L

Brooklyn **Sapporo Haru Japanese**
622 Manhattan Ave. (bet. Driggs & Nassau Ave.) 718-389-9721 $10 L

Brooklyn **Shomisen***
384 5th Ave. (bet. 6th St & 7th St.) 718-788-2288 $30 L

Brooklyn **Teazaa**
7116 18th Ave. (at 71st St.) 718-621-3238 $30 L

Brooklyn **Zenkichi***
77 N 6th St. (bet. Berry St. & Wythe Ave.) 718-388-8985 $60 M

Brooklyn **ZuZu Ramen**
179 4th Ave. (at Degraw St.) 718-398-3838 $20 M

Queens

Queens **Aji Japanese Cuisine**
38-08 Ditmars Blvd. Astoria, NY 11105 718-777-8989 $0

Queens **ARIYOSHI***
41-13 Queens Blvd. Sunnyside, NY 11104 718-637-3288 $18 L

Queens **Ajisen Ramen**

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38-10 138th St. 1st Fl. Flushing, NY 11354 718-395-8118 $16 L

Queens **gowasabi***
34-02 30th Ave. Astoria, NY 11103 718-204-7354 $23 L

Queens **Hinomoru Ramen**
33-16 Ditmar Blvd. Astoria, NY 11105 347 762 2643 $10 L

Queens **KATSUNO***
103-01 Metropolitan Ave. Forest Hills, NY 718-575-4033 $35 M

Queens **Kyoto Sushi**
159-11 Union Tpk. Flushing, NY 11354 718-380-7777 $25 L

Queens **LINN Wafu Dining ***
29-13 Broadway Astoria, NY 11106 718-204-0080 $30 L

Queens **Matsu Sushi***

Matsu Sushi

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3411 30th Ave. Astoria, NY 11103 718-726-7029 www.matsusushi-astoria.com $15 L

Queens **Narita**
107-08 70th Rd. Forest Hills, NY 11375 718-263-2305 $20 L

Queens **Oishi Sushi**
37-04 Ditmars Blvd. Astoria, NY 11105 718-626-0588 $20 L

Queens **Ramen Okidoki***
34-05 30th Ave. Astoria, NY 11103 718-106-1677 $15 L

Queens **Shiro of Japan Atlas Pk**
80-40 Cooper Ave. Glendale, NY 11385 718-326-8704 $20 L

Queens **Suki Thai Shabu***
60-15 Woodside Ave. Queens, NY 11377 718-205-1975 $20 M

Queens **SUSHI ISLAND***
97-18 Queens Blvd. Elmhurst, NY 11373 718-803-3033 $20 L

Queens **Sushi Yasu***
70-11 Austin St. Forest Hills, NY 11375 718-575-5199 $30 L

Queens **Sushi Yasu***
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Queens **Sushi Yasu***
70-11 Austin St. Forest Hills, NY 11375 718-575-5165 $30 L

Queens **Takasushi***
43-46 42nd St. Sunnyside, NY 11104 718-729-9253 $25 W

Queens **Teada Sushi***
69-26 Fresh Pond Rd. Ridgewood, NY 11385 718-381-0808 $12 L

Queens **Udaa West**
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718-545-9536

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Long Island **Beeihaoa**
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6 8th St Valley Stream NY 11581 $28
516-872-0419

Long Island **Kobee Restaurent***
2016 Merrick Rd Merrick NY 11566 $30
516-223-9200

Long Island **Kaiso**
540 Westbury Ave Carle Place NY 11514 $26
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631-725-1774

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401 Old Country Rd Carle Place NY 11514 $20
516-997-4770

Long Island **SUSHI ICHI**
700 N. Country Rd. Setauket, NY 11733 $25
631-689-3111

Long Island **TAIKO Restaarant**
15 S. Village Ave Rockville Ctr., NY 11570 $20
516-678-6149

Long Island **Take Sushi***
821 Carman Ave Westbury NY 11590 $20
516-678-0033

Long Island **Toriga ***
196 Jericho Tpk. Floral Park NY 11001 $20
516-352-1116

Long Island **Yuki's Palette Too***
151 Merrick Ave Merrick NY 11566 $25
516-867-6738

The Bronx

The Bronx **OHANA**
500 City Island Ave Bronx NY 10464 $35
718-885-0700

Westchester

Westchester **Asiaa Temptatioa***
23 Mamaroneck Ave White Plains NY 10601 $25
914-328-6151

Westchester **Gyu-Kaku***
165 Main St White Plains NY 10601 $40
914-358-5208

Westchester **Hajima***
267 Halstead Ave Harrison NY 10528 $35
914-777-1543

Westchester **Ichiru***
80 Mamaroneck Ave White Plains NY 10601 $25
914-437-6688

Westchester **Momuji***
261 Halstead Ave Harrison NY 10528 $25
914-835-1078

Westchester **Naaase**
522 Mamaroneck Ave White Plains, NY 10605 $50
914-285-6351

Westchester **Nishi**
473 Ashford Ave Ardsley NY 10502 $25
914-693-2500

Westchester **Nada***
200 Hamilton Ave. White Plains NY 10601 $25
914-949-0390

Westchester **Sazaa Restaarant***
729 Saw Mill River Rd Ardsley NY 10502 $23
914-674-5015

Westchester **Tento**
939 White Plains Rd Scarsdale NY 10583 $10
914-725-9100

Upstate

Upstate **Kiko House**
11-21 E. Washington Ave. Pearl River NY 845-735-8885 $25

Upstate **Matsa Hana**
325 Route 59 Central Nyack, NY 10960 $20
845-727 3933

New Jersey

New Jersey **Ajihei Priacetoa**
11 Chambers St. Princeton NJ 08542 $20
609-252-1158

New Jersey **Asahi Japoeese***
1475 Bergen Blvd. Fort Lee NJ 07074 $17
201-944-5113

New Jersey **Daimatsa***
850 Mountain Ave. Mountainside NJ 07092 $25
908-233-7688

New Jersey **East Japaease**
1405 Teaneck Rd. Teaneck NJ 07666 $20
201-837-1260

New Jersey **Hachi Sashi***
98 Linwood Plz. Fort Lee NJ 07024 $15
201-585-8858

New Jersey **Higo Battan Ramen***
2024 Center Ave #J & K Fort Lee NJ 07024 $15
201-461-5485

New Jersey **Hoashu Lounge***
31 Montgomery St. 2 Fl. Jersey City NJ 07302 $25
201-324-2788

New Jersey **Ichi Umi Restaurent**
352 Menlo Park Dr Edison NJ 08837 $30
732-906-2370

New Jersey **ICHIBAN**
776 Bloomfield Ave. W Caldwell NJ 07006 $22
973-806-7178

New Jersey **Josha Restaarant ***
120 Cedar Grove Ln Somerset, NJ 08873 $25
732-469-8388

New Jersey **Koaema***
783 Palisade Ave Cliffside Park NJ 07010 $25
201-886-0080

New Jersey **Komegashi***
103 Montgomery St. Jersey City NJ 07302 $25
201-433-4567

New Jersey **Komegoshi too***

Located n waterfront Jersey City Ko negashi has the most gorgeous view overlooking Manhattan skyl ne offers exciting sushi selections Try their Ch oshi Royale the freshest p ck by the chef with select one from Japan and domestic Only 5 min PATH from NYC!
88 Town Sq Pl Jersey City NJ 07310 $30
201-633-0888 www.komegash com

New Jersey **Kyasha Sashi***
200 Paterson Ave Wallington NJ 07057 $25
973-773-7100

New Jersey **Masa Sushi & Grill***
81 W Allendale Ave Allendale NJ 07401 $30
201-934-6616

New Jersey **Monster Sushi***
395 Springfield Ave. Summit, NJ 07901 $25
908-636-1100

New Jersey **Raku Izakaya**
209 Main St. Fort Lee NJ 07024 $25
201-585-0707

New Jersey **Sakara-baaa***
43 Franklin Ave. Ridgewood, NJ 07450 $25
201-447-6525

New Jersey **Sentohko (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $10
201 941 1004

New Jersey **Saaaki Saado (Mitsawa)**
595 River Rd Edgewater NJ 07020 $10
201-941-3113

New Jersey **Sushi Teego***
516 Jersey Ave. Jersey City NJ 07302 $13
201-332-9300

New Jersey **TATSUMI***
1034 River Rd. Edgewater NJ 07020 $25
201-969-0202

New Jersey **Teok Oe The Hudsoe**
19 Hudson St. Hoboken NJ 07030 $30
201-653-7999

New Jersey **Teedo Sushi***
10 Schuyler Ave Kearny NJ 07032 $12
201 991 6582

New Jersey **Toya Restaarant***
435 Anderson Ave Cliffside Park, NJ 07010 $20
201-917 5532

New Jersey **Yakiton 39**
252-254 Degraw Ave Teaneck NJ 07666 $35
201-692-0700

New Jersey **Yamagata Restaurant***
1936 Palisades Ave Fort Lee NJ 07024 $25
201-585-0466

Connecticut

Connecticut **Abis**
381 Greenwich Ave Greenwich CT 06830 $30
203-622-0100

Connecticut **Kazu**
64 N Main St Norwalk CT 06854 $25
203-846-7432

CAFE

Upper West **Beord Papa's Upper W.**
2167 Broadway (bet. 77th & 78th St.) Cream Puffs
212 799-3770

Upper East **Choax Factory**
1485 1st Ave. (bet. 78th & 79th St.) Cream Puffs
212 288-2023

Midtown West **Cafe Zaiya Midtown W.**
1073 6th Ave (bet. 40th & 41st St.) Bakery
212 764-8765

Midtown East **BentOa Cafe**
156 E. 45th St (bet. 3rd & Lexington Ave.) Bakery
212 922 9788

Midtown East **Cafe Zaiya Midtowe E**
18 E. 41 St. (bet. Madison & 5th Ave.) Bakery
212 779-0100

Midtown East **Miaamoto Kitchoan**
509 Madison Ave (bet. 52nd & 53rd St.) Confectionery
212-486-3747

East Village **Cafe Zaiya East Village**
60 Cooper Sq. (bet. 7th St. & St. Marks Pl.) Bakery
212-253-9700

East Village **Chikalicious**
203 E 10th St. (bet. 1st & 2nd Ave.) Dessert Bar
212-475-0925

East Village **PANYA**
8 Stuyvesant St. (bet. 9th St. & 3rd Ave.) Bakery
212 777 1300

Lower Mhn **Yaya Tea Gardan**
51 Chrysle St (bet. Hester & Canal St.) **Bice Balls**
212-226-[illegible]03

New Jersey **Minamoto Kitchoan**
595 River Rd Edgewater NJ 07020 **Confec-tionery**
201-313-9335

New Jersey **Parisianne**
250 Main St Fort Lee NJ 07024 **Bakery**
201 592-8078

KARAOKE

Upper East **Iggy's**
1462 2nd Ave (bet 75th & 76th St.) $1 /song
212-327 2043

Midtown West **Yuki 55***
253 W 55th St (bet. Broadway & 8th Ave.) $8/h /person
212-765-1210

Midtown East **Box Snack Riki***
141 E 44th St. 2 Fl (bet. 3rd & Lexington Ave.) $8/h /person
212-986-5612

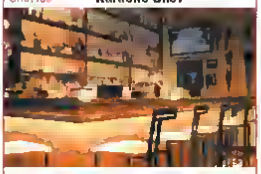
Midtown East **Japas 38**
8 E 38th St. (bet. Madison & 5th Ave.) $8/h /person
212-679-4040

Midtown East **Karaoke Daet 48***
304 E 48th St (bet. 1st & 2nd Ave.) $4/h /person
212 753-0090

Koreatown **Gagopa Karaoke**
28 W 32nd St (bet 5th Ave. & Broadway) $30 /room
212-967 5353

Koreatown **Karaoke Daet 35***
53 W 35th St 2 Fl (bet 5th & 6th Ave.) $4/h /person
646-473-0828

Chelsea **Karaoke One7**



They offer the city's largest song select on n 16 d fferent languages nd new songs are added monthly S ng at the bar for $2 per song or s ng in a private room for $8/h per person Drnks and room charges are half price dueing Happy Hour (2pm-8pm) Large party rooms ava lable Call for reservation Open 7 days from 2pm to 4am (except Mon from 6pm) *May close early on weekdays w/o not ce

28 W 17th St. (bet. 5th & 6th Ave.) $2/song
212-675-3527 www.karaoke17.com

Gramercy **Japas 27**
360 3rd Ave (bet. 26th & 27th St.) $10 /person
212-889-2325

Gramercy **Music Story**
34 33rd St. 8 Fl. (bet. Park Ave. S. & Madison Ave.) $40 /room
212-594-4244

West Village **NEMO**
54 E. 13th St. (bet. B way & Un versity Pl.) $8/h /person
212-477 1177

East Village **Planet Rose**
218 Ave. A (bet. 13th & 14th St.) $2/song
212 353-9500

East Village **Sing Sing (Ave. A)***

Among the newest and hardest restaurants on Avenue A Sing Sing offers a bar lounge and 15 pr vate rooms for karaoke. The low-key spot for celebr ties Large party rooms are available for up to 30 people OPEN 7 DAYS

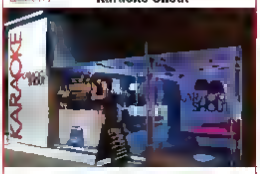
81 Ave. A (bet. 4th & 5th St.) $4-6/h per person
212-674-0700 www.karaokesingsing.com

East Village **Sing Sing (St. Marks)***
SING-SING KARAOKE ST MARKS
Corwon only located on St. Marks Street in the heart of the East Village S ng Sing-s a Karaoke lounge with 15 Private Rooms This brand new lounge is a great spot for young adults who love to sing OPEN 7 DAYS Party@karaokesings ng.com

8 St. Ma ks Pl 2Fl (bet. 2nd & 3rd Ave.) $4-6/h per person
212-677 7800 www.karaokesings ng.com

Brooklyn **100 Fan**
532 60th St (bet. 5th Ave & Fort Hamilton Pkwy.) $40/h /room
718-435-8883

Queens **Karaoke Shout***



120 000 songs n 16 d ffe ent languages available 20 000 Engl sh songs nd songs n H nd and Thai that are rarely available n the U.S Your party will be much more exc t ng in the high-tech karaoke rooms! 11 private rooms are equipped with LED lightings that change colors w th each song Enter songs using a wi-fi touch system on the n-sert screens and ipods. Chopsticks NY readers receive 10% d scount w th this ad Open 7 days!

32-46 Ste nway St Astoria NY 11103 $3.7/h person
718-563-0080 www.karaokeshout.com

Other Asian Restaurant Guide

$35 Average price for a d nner entree and a drink (sake or wine)

Sushi Bar Available
M Tu W Th F Sa Su Day Close
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Vegetarian Friendly
L Open for Lunch
Del very
Family Dining
Local Favorite
Business Dinner
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★ Chopsticks NY available to p ck up

CHINESE

Upper West **Ivy's Cafe***
154 W 72nd St (bet. Columbus & Amsterdam Ave.) $25 L
212-787 2333

Upper West **Olhe's**
1991 Broadway (bet. 67th & 68th St.) $15 L
212 595-[illegible]1E1

Upper West **Olhas**
2957 Broadway (at 116th St.) $15 L
212 932 2300

Upper West **Shun Lee West**
43 W 65th St (bet. Central Park W & Columbus) $35 L
212-595-8895

Upper East **Cafe Evergrean**
1367 1st Ave (bet. 73rd & 74th St.) $30 L
212-744-32[illegible]

Upper East **Chinetown East**
1650 3rd Ave (bet. 92nd & 93rd St.) $18 L
212 987 3500

Upper East **Lili's Noodle & Grill**
1500 3rd Ave (bet. 84th & 85th St.) $25 L
212-639-1313

Upper East **Our Place**
242 E 79th St (bet. 2nd & 3rd Ave.) $25 L
212-288-48[illegible]

Upper East **Philippe**
33 E. 60th St. (bet. Park & Madison Ave.) $45 L
212-644-62[illegible]

Upper East **Pig Heaven**
1540 2nd Ave (bet. 80th & 81st St.) $15 L
212-744-4333

Upper East **Shanghai Pavilion**
1378 3rd Ave (bet. 78th & 79th St.) $37 L
212 585-3288

Upper East **Szachaan Gourmet**
1385 2nd Ave (at 73rd St.) $25 L
212 737-[illegible]

Midtown West **China Grill**
60 W 53rd St (bet. 5th & 6th Ave.) $66 L
212 333-7788

Midtown West **Joe's Shanghai**
24 W 56th St (bet. 5th & 6th Ave.) $20 L
212 333-3868

Midtown West **Ollie's**
411 W 42nd St (at 9th Ave.) $15 L
212-921-[illegible]

Midtown West **Ruby Foo's Times Sq**
1626 Broadway (bet. 49th & 50th St.) $30 L
212-489-5600

Midtown West **Tang Pavilion**
65 W 56th St (bet. 5th & 6th Ave.) $25 L
212-258-[illegible]

Midtown West **Wa Liang Ye**
35 W 46th St (bet. 5th & 6th Ave.) $35 L
212 236-2306

Midtown East **Chin Chin**
216 E. 45th St. (bet. 2nd & 3rd Ave.) $30 L
212-[illegible]-4555

Midtown East **Dynasty Sung**
511 Lexington Ave. 2 FL (at 48th St.) $35 L
212 255-1200

Midtown East **Evergreen on 38**
10 E. 38th St. (bet. Madison & 5th Ave.) $25 Sa L
212 449-1188

Midtown East **Grand Sichuan**
1045 2nd Ave. (bet. 55th & 56th St.) $20 L
212 355-5815

Midtown East **Lychee House**
141 E. 55th St. (bet. 3rd & Lexington Ave.) $20 L
212-753-3800

Midtown East **Mee Noodle Shop**
322 2nd Ave. (at 49th St.) $15 L
212-598-0027

Midtown East **MR K's***
570 Lexington Ave. (at 51st St.) $50 L
212 583-1[illegible]

Midtown East **Peking Duck House***
236 E. 53rd St. (bet. 2nd & 3rd Ave.) $33 L
212 755-8266

Midtown East **Phoenix Garden**
242 E. 40th St. (bet. 2nd & 3rd Ave.) $30 L
212-[illegible]-[illegible]

Midtown East **Shih Lee**
311 E. 45th St. (bet. 1st & 2nd Ave.) $10 L
212-867 0318

Midtown East	**Shun Lea Palace**		
155 E 55th St (bet. 3rd & Lexington Ave.) 212-371-8844		$35	L
Chelsea	**Grand Sichaan**		
229 9th Ave (at 24th St.) 212-620-5200		$26	L
Chinatown	**Rickshaw Dumpling**		
61 W 23rd St. (bet. 5th & 6th Ave.) 212-924-3220		$15	L
Gramercy	**Grand Sichaan**		
227 Lexington Ave (bet. 33rd & 34th St.) 212-479-9770		$25	L
Greenwich Village	**The Cottage***		
33 Irving Place (at 16th St.) 212-505-FOOD		$12	L
West Village	**Empire Szechaan**		
173 7th Ave. S (at Perry St.) 212-243-6046		$15	L
West Village	**Shanghai Square**		
11 E 13th St. (bet. University Pl. & 5th Ave.) 646-416-7313		$20	L
East Village	**BaaHaus**		
239 E. 14th St. (bet. 2nd & 3rd Ave.) 646-490-8493		$14	L
East Village	**Dumpling Man***		
100 St. Marks Pl (bet. 1st Ave. & Ave. A) 212-505-2121		$11	L
Lower Mhn	**ABC Chinese Restaurant**		
34 Pell St (bet. Bowery & Mott St.) 212-346-9390		$25	L
Lower Mhn	**Amazing 66**		
66 Mott St. (bet. Bayard & Canal St.) 212-334-0099		$26	L
Lower Mhn	**Aa Mandarin**		
200-250 Vesey St. (at West St.) 212-385-0313		$30	L
Lower Mhn	**Big Wong**		
67 Mott St (bet. Bayard & Canal St.) 212-964-0540		$13	L
Lower Mhn	**Congee Village**		
100 Allen St. (bet. Broome & Delancy St.) 212-941-1818		$16	L
Lower Mhn	**Dim Sum Go Go**		
5 E. Broadway (bet. Catherine St. & Bowery) 212-732-0797		$15	L
Lower Mhn	**Excellent Dumpling**		
111 Lafayette St (bet. Walker & Canal St.) 212-219-0212		$10	L
Lower Mhn	**Golden Unicorn***		
18 E. Broadway (bet. Market & Catherine St.) 212-941-0811		$20	L
Lower Mhn	**Jing Fong**		
20 Elizabeth St. (bet. Bayard & Canal St.) 212-964-5256		$20	L
Lower Mhn	**Joe's Ginger**		
25 Pell St. (at Doyers St.) 212-235-0333		$20	L
Lower Mhn	**Joe's Shanghai**		
9 Pell St. (bet. Bowery & Mott St.) 212-233-8888		$20	L
Lower Mhn	**Lm's Dumpling House**		
28 Bowery (at Bayard St.) 212-343-0823		$10	L
Lower Mhn	**Mandarin Court**		
61 Mott St. (bet. Bayard & Canal St.) 212-608-3838		$15	L
Lower Mhn	**New Bo-Ky**		
80 Bayard St. (bet. Mott & Mulberry St.) 212-406-2292		$10	L

Lower Mhn	**Nice Green Ba**		
66 Bayard St. (bet. Elizabeth & Mott St.) 212-625-2356		$15	L
Lower Mhn	**Oriental Garden**		
14 Elizabeth St. (bet. Bayard & Canal St.) 212-619-0085		$35	L
Lower Mhn	**Prog ao Mott**		
22 Mott St. (bet. Chatham Sq. & Pell St.) 212-602-3868		$26	L
Lower Mhn	**Shanghai Cuisine***		
83 Bayard St. (at Mulberry St.) 212 732-8388		$25	To L
Queens	**East Manor**		
44-45 Kissena Blvd. Flushing, NY 11355 718-762-8900		$25	L
Queens	**Himalayan Yak Restaurant***		
72-20 Roosevelt Ave. Jackson Heights, NY 11372 718-779-1119		$15	L

KOREAN

Midtown West	**Bann**		
350 W. 50th St. (bet. 8th & 9th Ave.) 212 582-4446		$30	L
Midtown West	**Chom Chom**		
40 W. 56th St. (bet. 5th & 6th Ave.) 212 213-2295		$40	L
Midtown West	**Danji**		
346 W. 52nd St. (bet. 8th & 9th Ave.) 212-586-2890		$44	Su L
Midtown East	**Korea Palace**		
127 E. 54th St. (bet. Park & Lexington Ave.) 212-832 2350		$30	Su L
Koreatown	**Cho Dang Gol**		
55 W. 36th St. (bet. 5th & 6th Ave.) 212-695-8222		$30	L
Koreatown	**Don's Bogam***		
17 E. 32nd St. (bet. Madison & 5th Ave.) 212-683-2200		$40	L
Koreatown	**Franchia Vegan Cafe**		
12 Park Ave. (bet. 34th & 35th St.) 212-213-1001		$25	L
Koreatown	**HAN BAT***		
53 W. 35th St. (bet. 5th & 6th Ave.) 212-725-5588		$15	L
Koreatown	**HANGAWI***		
12 E. 32nd St. (bet. 5th & Madison Ave.) 212 213-0077		$40	L
Koreatown	**Hyo Dong Gak***		
51 W. 35th St. (bet. 5th & 6th Ave.) 212-695-7167		$20	L
Koreatown	**Kang Sah**		
1250 Broadway (at 32nd St.) 212-564-0845		$30	L
Koreatown	**KRISTALBELLI**		
8 W. 36th St. (bet. 5th & 6th Ave.) 212 290-2211		$40	L
Koreatown	**Kum Gang San***		
49 W. 32nd St. (at Broadway) 212 967-0909		$20	L
Koreatown	**Kunjip Restaurant**		
9 W. 32nd St. (bet. 5th Ave. & Broadway) 212 216-9467		$15	L
Koreatown	**Madangsu***		
35 W. 36th St. (bet. 5th & 6th Ave.) 212 594-9333		$30	L
Koreatown	**Seoul Garden**		
34 W. 32nd St. (bet. 5th Ave. & Broadway) 212 736-8002		$20	L

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55 Carmine St. (at Bedford St.) $27
212-414-1224

Bon Chaa
9 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-2987

Dok Suai's
119 1st Ave. (bet. 7th St. & St. Marks Pl.) $20
212-477-9506

Kori
253 Church St. (bet. Leonard & Franklin Sts.) $20
212-334-0906

Dokebi*
199 Grand St. (bet. Driggs & Bedford Ave.) $25
718-782-1424

KDREANA*
139-20 38th Ave. Flushing, NY 11354 $25
718-713-0252

Kalbi House
291 Central Ave. White Plains, NY 10606 $20
914-328-0251

Dong Chon Hong*
144 Main St., Fort Lee, NJ 07024 $13
201-592-0450

Dotori Kimchi*
1430 Bergen Blvd. Fort Lee, NJ 07024 $15
201-956-9697

Gammeeok*
405 Main Street Fort Lee, NJ 07024 $17
201-242-1333

Gammeeok
110 Broad Ave. Palisades Park, NJ 07650 $17
201-585-6300

Myung Dong Noodle House*
2013 Lemoine Ave., Fort Lee, NJ 07024 $12
201-592-8300

Pinehill Restaurant
123 Paramus Rd. Paramus, NJ 07652 $20
201-843-0170

PoongLim*
2053 Lemoine Ave. Fort Lee, NJ 07024 $20
201-944-0699

So Koag Haag*
130 Main St. Fort Lee, NJ 07024 $15
201-585-1122

THAI

Long Grain
2534 Broadway (at 95th St.) $22
212-666-0808

Eat Thai
1429 3rd Ave. (bet. 80th & 81st Sts.) $15
212-772-1484

Spice
1479 1st Ave. (at 77th St.) $20
212-744-6374

Spice
1411 2nd Ave. (bet. 73rd & 74th Sts.) $20
212-585-5349

Vtaag Ping
1388A 2nd Ave. (bet. 72nd & 73rd Sts.) $22
212-249-8484

@NINE*
532 9th Ave. (bet. 42nd & 43rd Sts.) $18
212-615-4495

Aceluck Thai
539 9th Ave. (bet. 39th & 40th St.) $15
212-594-7083

Aura Thai
402 9th Ave. (bet. 35th & 36th St.) $14
212-971-9530

Bongkak House
350 W 46th St. (bet. 8th & 9th Ave.) $18
212-541-5843

Breeze
651 9th Ave. (bet. 45th & 46th St.) $25
212-262-7777

Chai Thai Kitchen*

Chai Thai Home Kitchen only believes in using authentic Thai ingredients and fresh products from farmers markets to prepare their dishes. Chef Amporn at creates Northern Thai homestyle cooking meals with an international twist.
830 9th Ave. (bet. Broadway & 9th Ave.) $18
212-307-5778

Chaapaa Thai
761 9th Ave. (at 51st St.) $20
212-586-0808

Heng 2 Thai Bistro
762 10th Ave. (bet. 51st & 52nd St.) $15
212-765-7800

Noodles*

Noodles offers contemporary Thai street food. Experience the art of home-style Thai cooking with a mouth-watering range of surprising ingredients and flavors. Dai-not ordering catering are available.
830 5th Ave. (bet. 54th & 55th St.) $12
646-629-7128 www.noodlesnyc.com

Pom Real Thai 47
402 W 47th St. (bet. 9th & 10th Ave.) $20
212-315-4441

Pam Real Thai 49
404 W 49th St. (bet. 9th & 10th Ave.) $20
212-333-7500

Pongsri Thai*
244 W 48th St. (bet. Broadway & 8th Ave.) $25
212-582-3382

Room Service Midtown
690 9th Ave. (bet. 47th & 48th St.) $25
212-582-0555

viv Bar & Restaurant
717 9th Ave. (at 49th St.) $20
212-581-5818

Yum Yum 3*
658 9th Ave. (at 48th St.) $15
212-956-0535

Yum Yum Bangkok*
650 9th Ave. (bet. 45th & 46th St.) $15
212-262-7244

Yum Yum Too*
672 9th Ave. (at 46th St.) $20
212-247-2228

A+ Thai Place*
1007 2nd Ave. (bet. 53rd & 54th St.) $15
212-207-8060

DBAD
222 E. 53rd St. (bet. 2nd & 3rd Ave.) $25
212-308-5581

Rem Thai Restaurant*
220 53rd St. (bet. 2nd & 3rd Ave.) $16
212-752-3333

Talent Thai Kitchen
210 E. 34th St. (bet. 2nd & 3rd Ave.) $11
212-725-9888

Pongsri Chelsea
185 W 23rd St. (bet. 6th & 7th Ave.) $20
212-645-8808

Regional Thai*
206 7th Ave. (bet. 21st. & 22nd St.) $15
212-807-9672

Silam Thai
150 8th Ave. (bet. 17th & 18th St.) $25
212-675-0000

Bongkok 2 Thai*
348 1st Ave. (bet. 20th & 21st St.) $14
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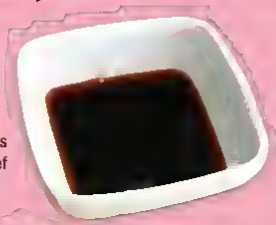
Chopsticks NY's Test Kitchen -Vol. 5-



In this section, chefs of various backgrounds test out Japanese seasonings/ingredients and create original recipes from fresh perspectives. Each month, a chef tries one featured seasoning or ingredient. This month, Executive Chef Brian Tsao of Mira Sushi & Izakaya, shares *Kyoto Sloppy Joes* incorporating the flavor of tamari soy sauce

Kyoto Sloppy Joes

By Chef Brian Tsao of Mira Sushi & Izakaya

"Soy sauce can be just like a wine. It has its own characteristics, and there are so many subtle flavors. I recently changed this recipe (Kyoto Sloppy Joes) and started using organic tamari soy sauce, in place of regular soy sauce and mushroom soy sauce to keep it as natural as possible."

—Chef Brian Tsao

(Ingredients) (Serves 4)

[For shallot infused vegetable oil]

› 1 lb shallots, peeled and thinly sliced › 2 quarts vegetable oil

[For the Kurobuta Ground Pork Sauce]

› 3 lbs Kurobuta pork (if not available, any high quality pork will work) › 2 tbsp Chinese fermented bean paste › 2 tbsp organic tamari soy sauce › 1 tbsp sugar › ½ can Coca Cola

› 4 tbsp butter › 1 cup panko › 4 Hawaiian buns (any type of slider bun will do) › Sharp Cheddar cheese, as much as your heart desires, sliced › 1 Thai sour mustard green, finely minced

(Directions)

1. In a heavy saucepot, place vegetable oil and sliced shallots at room temperature. This is very important, if the shallots are placed into hot oil they will easily burn.

2. Place onto stove and cook over medium heat. Allow the oil and shallots to slowly heat up until the oil starts bubbling - this takes quite some time, but you need to keep your eye on it.

3. Once the oil bubbles, take a wooden spoon and keep the shallots in motion. Once the shallots turn golden brown, immediately remove and place into a large bowl lined with paper towel. It is normal for the shallots to turn a shade darker even out of the oil. Reserve overnight.

4. The next day, in a large heavy saucepot, cook the pork with about three tablespoon of the shallot infused vegetable oil.

5. When the pork is about half cooked and most of the moisture has rendered out of the meat leaving you with a good amount of natural juices, add the bean paste, soy sauce, sugar and Coca Cola.

6. When all the ingredients have been incorporated, turn the heat to low and allow the sauce to reduce by 15-20% about 20 to 25 minutes.

7. Once the sauce has reduced, add in all of the crispy shallots you cooked the day before. The shallots will absorb any leftover liquid from the sauce. Your sauce is done!

8. In another saucepot, melt the butter and add the panko bread crumbs, stir until the bread crumbs have turned golden brown.

9. Toast your slider bun with a piece of Cheddar cheese. Top with pork sauce, Thai mustard and panko! Enjoy!

Brian Tsao

With a Chinese-Korean background, an American upbringing and culinary education (he graduated with honors from the Culinary Institute of America and worked at Telepan), and a Malaysian wife, Chef Tsao melds many influences seamlessly into his adventurous, delicious cuisine. His menu of Asian street food–inspired dishes takes a traditional concept to an exciting, modern, melting-pot direction. His mission as a chef is to "remove the stereotypes of Asian cuisine, make good, interesting, but still authentic food, and keep things approachable." Brian is best known for his victory over Bobby Flay in a taco battle on the Food Network's *Beat Bobby Flay*.

Mira Sushi & Izakaya

Serving dishes inspired by Asian street food, Mira Sushi & Izakaya is a modern, creative take on the traditional izakaya and sushi bar, inspired by owner Andy Lee's passion for Japanese cuisine. Mira features the talents of Chef Brian Tsao and Chef Owen Wu, who work in tandem on the two sides of the menu.

46 W. 22nd St., New York, NY 10010
TEL. 212-983-7989 | *www.mirasushi.com*

Japanese Home Cooking

From authentic Japanese summer dishes to Western dishes with a Japanese twist, 7 recipes using Japanese seasonings and products are introduced here.

Beef Roll Sushi

[Ingredients] (Serves 2)
- ❑ 2 pcs of thinly sliced beef
- ❑ 1/4 carrot
- ❑ 3 stems green beans
- ❑ 1 tsp Yamaki Mentsuyu
- ❑ Salt and ground black pepper
- ❑ 1 cup cooked rice

[Directions]

1 Cut the carrots and green beans into 1/3-inch cubes and saute in a frying pan. Add in Yamaki Mentsuyu, salt and pepper.

2 Place the cooked rice in a bowl and mix in the sauteed vegetables. Then, divide to make two rice balls.

3 Place the rice balls on each beef slice and wrap the beef around the rice to create two rolls.

4 Heat the pan with the oil and place each roll so that the edge of the meat is on the underside first. Gradually roll each piece to ensure that all sides are heated. Add in the seasoning mix A as the meat is beginning to cook to ensure sufficient absorption of the flavors into the meat and roll.

5 Once cooked, cut the rolls into bite-sized slices and arrange on the plate with pickled ginger, as preferred.

Point **You can choose any type of vegetable to mix into the rice. We recommend those that are colorful for visual effect. The thinner the beef slices, the better, for faster, easier cooking. Still remains delicious long after it has cooled so highly recommended for outdoor picnics and parties.**

Yamaki Mentsuyu

Mentsuyu is a shoyu (soy sauce) base sauce for soba and udon noodles. Yamaki Mentsuyu is specially made from freshly shaved katsuobushi (bonito flakes) and an aged base sauce which produces a refined umami and matured taste. Several different katsuobushi are blended for adding more layers of flavors. It is a concentrated sauce and should be diluted when used.

www.yamaki.co.jp

Gomoku Gohan (Japanese Pilaf)

[Ingredients] (Serves 4)
- ❑ 3 cups rice (washed and drained)
- ❑ 1/2 piece chicken thigh
- ❑ 1/4 piece gobo (burdock root)
- ❑ 1/4 of a whole carrot ❑ 2 shiitake mushrooms
- ❑ 1 aburaage (deep fried tofu)
- ❑ 6 tbsp Kikkoman Hon Tsuyu ❑ Water to dilute

[Directions]

1 Cut chicken into bite size pieces.

2. Slice shiitake mushrooms, shred carrot and cut gobo in a *sasagaki* style (making thin slivers by cutting gobo like sharpening a knife). Cut aburaage in half and then shred.

3 Put rice and Kikkoman Hon Tsuyu in a rice cooker, and fill with water until it reaches up to 3 cups on the inner scale of the pot. If using a regular pot or pan, first mix Kikkoman Hon Tsuyu and water measured 1.2 times the volume of the rice. Put rice in the pot or pan and then add Hon Tsuyu/water mixture.

4 Add toppings from Step 2 to the rice cooker (pot or pan), mix and turn on the heat.

*If using a rice cooker, just wait until it's done. If using a pot or pan, first cook at high heat until it's brought to a boil (about 5 min.), reduce heat and simmer for about 15 min., and turn off the heat and let it rest for about 5-10 min.

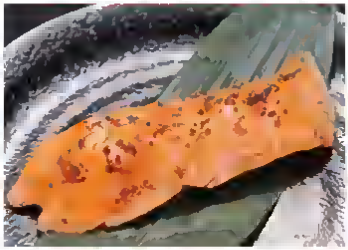
5 Once the rice is cooked, mix well and serve.

Point You can replace gobo with bamboo shoots. While burdock boasts earthy flavor, bamboo shoots brings a refreshing taste.

Kikkoman Hon Tsuyu
Kikkoman Hon Tsuyu is a multipurpose soup & sauce base for use in tempura dipping sauce, broth for noodles, and dipping sauce for noodles. Made from Kikkoman soy sauce blended with four types of katsuobushi (bonito flakes) and kelp to add satisfying umami. Mild yet full-bodied sweetness comes from selected brown sugar.

www.kikkoman.com

Grilled Kinzanzi-Miso Salmon



[Ingredients]
(Serves 2)
- ❑ One piece 1/4 lb (120–150g) fillet of salmon
- ❑ 2oz (48–60g) Kinzanzi-Miso Sauce

[Directions]

1 Cover the entire surface of the salmon filet with Kinzanzi-Miso Sauce. Place into a plastic zip lock bag or sealed Tupperware® and let sit in the refrigerator for 24 hours.

2 Once thoroughly marinaded, remove the salmon from the container and pat away any excess sauce with a paper towel.

3 Grill on the stove at low to medium heat, being careful not to over sear the fish.

Point When marinating, fish requires more sauce than meat. Aim to use approximately 30% of the weight of the fish and 40% of the meat. You can adjust the flavor of the dish to your liking by using more, or less of the sauce when marinating.

Also, add a dollop of mayonnaise to the Kinzanzi-Miso Sauce to make a delicious dipping sauce for fresh vegetable sticks.

Lightly sear barbecued meats with Kinzanzi-Miso Sauce this summer for a delicious spin on the traditional barbecue.

Kinzanzi-Miso Sauce
(300 g, 1 kg)
Maruman offers the savory flavor of Japan's traditional unrefined soy sauce-based condiment in an easy to-cook sauce format. Kinzanzi Miso has long been used as a dip to eat raw vegetables, supplement rice, and to add that quintessential Japanese taste to various entrees. Simply marinate the meat or fish in the sauce before grilling for an instantly delicious dish.

www.maruman-miso.com

300 g 1 kg

Healthy GreeNoodle Salad

[Ingredients]
(Serves 2-3)
- ❑ 1 package GreeNoodle (contains 2 products)
- ❑ 3 lettuce leaves
- ❑ 1/3 cucumber
- ❑ 1/2 carrot
- ❑ 1 green onion
- ❑ Parsley to garnish
- ❑ 1/2 mango
- ❑ 1/2 cup salad dressing (sesame)

[Directions]

1 Cut lettuce into 2-inch squares.

2 Shred cucumber and carrot.

3 Cut scallion into 1/2 inch long pieces.

4. Slice mango.

5. Mix cucumber, carrot, scallion and mango in a bowl.

6 Cook noodles in boiled water for 3 min (not more than 3 min.), and drain, then rinse with cold water and drain well.

7. Place lettuce on a flat plate, put noodles on top and arrange mixed vegetables and mango over it.

8. Pour sesame dressing over and garnish with parsley.

Point You can add any topping you like such as tofu, tomato and avocado to this salad. Adding some nuts in step 5 gives crunchiness and makes it a Southeast Asian flavor. You also can play with dressings.

GreeNoodle (Plain)
GreeNoodle is a dried noodle that contains super vegetable moringa. This centuries-old Egyptian vegetable contains twice the amount of fiber than spinach and pumpkin, 15 times more Beta carotene than carrot and 5 times more Calcium than spinach. The Eon Foods International successfully developed the technique to knead moringa into the dried noodles. GreeNoodle comes in plain with miso soup, yakisoba sauce, shirtake soup and tom yam soup.

www.greenoodle.com

Shrimp Cocktail

[Ingredients]
(Serves 2)
❑ 4 boiled shrimp
❑ 1/2 boiled egg
❑ 1/2 tomato
❑ Mixed greens as preferred
❑ Mizkan Creamy Sesame Dressing*

*You can also use Mizkan Yuzu Citrus Flavored Dressing made by a blend of soy sauce and yuzu citrus juice

[Directions]
1. Dice tomato and boiled egg into small pieces
2. Place all the ingredients into a martini or appropriate glass.
3. Serve with Mizkan Creamy Sesame Dressing as a topping sauce.

Point **Mizkan Creamy Sesame Dressing is delicious to pair with simple green salads as well as seafood salads. A perfect complement to steamed vegetables such as broccoli and asparagus. Use in place of mayonnaise or similar condiments, such as in sandwiches or on fried chicken. The creamy sesame taste will liven up your usual meals**

Mizkan Creamy Sesame Dressing
A popular hit since its launch last year Mizkan Creamy Sesame Dressing features a blend of imported Japanese sesame paste and sesame oil for a rich and zesty addition to any dish. The creamy dressing instantly adds an Oriental accent to fresh salads and many other meals. Get creative with fresh and light summer dishes that need a flavorful boost.

www.mizkan.com

Tofu Shirataki with Zucchini and Cherry Tomato Salad

[Ingredients] (Serves 4-6)
❑ 4 pkgs House Foods Tofu Shirataki (Spaghetti)
❑ 4 tbsp extra virgin olive oil ❑ 4 small zucchini, diced ❑ 5 garlic cloves, minced ❑ ¼ tsp red pepper flakes ❑ 1 cup cherry tomatoes, sliced in half ❑ ¼ cup toasted pine nuts ❑ ¼ cup basil, torn ❑ Juice of 1 lemon ❑ Kosher salt and freshly ground black pepper

[Directions]
1. Rinse the House Foods Tofu Shirataki in a colander and drain well
2. Add to saucepan and cover with cold water. Bring to a boil and cook for 2-3 min., drain again
3. Heat the olive oil in a large skillet over medium-high heat. Add the zucchini and cook, while stirring, for about 10 min
4. Add the garlic and red pepper flakes and cook for 1 min
5. Stir in the cherry tomatoes and cook for 2 min., just until soft
6. Season with a big pinch of salt and pepper. Remove from heat and cool for a few moments.
7. Combine the noodles with the cooled vegetables, basil, pine nuts, and lemon juice, and toss thoroughly
8. Cover with plastic wrap and place in the refrigerator for at least 30 min. for noodles to absorb the flavor
9. Serve chilled

*Recipe created by Debi Mazar and Gabriele Corcos

Point **Instead of steps 1 and 2 indicated above, you can microwave Tofu Shirataki for 1 minute and pat dry to remove excess water**

Tofu Shirataki
House Foods Tofu Shirataki is a stunning pasta alternative made by blending the flour of the konnyaku (a member of the Asian yam family) and tofu. It's not only gluten free, low in calories (only 10 calories per serving) and low in carbs but also cholesterol-free, sugar-free, dairy-free, vegan and kosher certified. Offered in a variety of shapes including, macaroni, spaghetti, fettuccine and angel-hair, House Foods Tofu Shirataki series has enough to satisfy all your noodle needs.

www.house-foods.com

Tofu Spiedini

[Ingredients]
(Serves 4)
❑ 1 pkg House Foods Premium or Organic Tofu Firm
❑ ¼ cup olive oil
❑ Juice and zest of 1 orange
❑ 2 green onions, roughly chopped
❑ ½ tsp red pepper flakes
❑ 1 tbsp roughly chopped rosemary
❑ 2 tsp roughly chopped thyme
❑ 4 cloves garlic, peeled and smashed
❑ Kosher salt and freshly ground black pepper

[Directions]
1. Combine olive oil, orange juice and zest, green onions, red pepper flakes, rosemary, thyme, garlic, and salt and pepper in a food processor and blend until smooth
2. Cut tofu into 1 ½" cubes
3. Add tofu to a casserole dish in a single layer. Pour the marinade over the top. Marinade at room temperature for 1 hour.
4. Heat grill to medium.
5. Thread the tofu onto 4 wood or metal skewers and sprinkle with salt and pepper
6. Grill tofu for 6-8 minutes, turning occasionally. Brush with remaining marinade while grilling

*Recipe created by Debi Mazar and Gabriele Corcos

Point **Before cutting tofu, remove excess water by pressing tofu between paper towels.**

House Foods Premium, Organic Tofu
House Foods Premium Tofu and Organic Tofu are made from 100% U.S. soybeans, Non-GMO verified, gluten-free certified, Kosher certified, cholesterol free with virtually no unsaturated fats. House Foods Tofu series comes in Soft, Medium Firm, Firm and Extra Firm. The firm tofu used in this recipe is great for grilling or as a meat replacement, in salads or stir-fry's.

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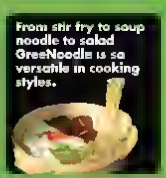

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Cold Somen Noodles with Sea Urchins

[INGREDIENTS] (Serves 2)

- ☐ 2.8oz raw sea urchins
- ☐ Salmon roes for garnish (as desired)
- ☐ 7oz dry somen noodles (2 bundles)
- ☐ Chopped green onions for garnish
- ☐ A. 1 tbs Yamaki Mentsuyu
- ☐ A. 1 tbs olive oil
- ☐ 1 leaf of lettuce

[HOW TO COOK]

1. After boiling the somen noodles, rinse them with cold water and drain well.
2. Set aside a few pieces of sea urchins for garnish. In a bowl, mix the remaining sea urchins with A.
3. Combine the noodles from 1 with 2, and place it in a bowl. Garnish it with sea urchins, salmon roes and chopped green onions along with a leaf of lettuce on the side.

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Step 2

Pour more Kinzanzi-Miso Sauce over the meat and marinate in a refrigerator for 12 to 24 hours.

You can also marinate the meat

Step 3

Lightly pat dry the pork with some paper towels and fry them in a pan under low heat.

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318 W. 56th St. (bet. 5th & 6th Ave.) 212-707-8525

Dainoba* — Japanese
129 E. 47th St. (bet. 3rd & Lexington Ave.) 212-755-7380

Katagiri & Co., Inc* — Japanese
224 E. 59th St. (bet. 2nd & 3rd Ave.) 212 755-3566

Sunrise Mart Midtown* — Japanese
12 E. 41st St. (bet. 5th & Madison Ave.) 646-380-9280

TOMIYA* — Japanese
238 E. 53rd St. (bet. 2nd & 3rd Ave.) 212-310-7311

H Mart Haa Ah Ream — Korean
28 W. 32nd St. (bet. 5th Ave. & Broadway) 212-695-3283

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12 W. 32nd St. (bet. 5th Ave. & Broadway) 212 244-1115

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57 Great Jones St. (bet. Bowery & Lafayette) 212 780-2333

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40 Exchange Place (bet. William & Broad St.) 212-391 0030

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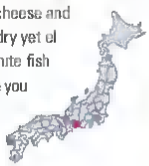
It's well known that Japan's popular culture bloomed during the Edo Period (1603-1868) for the first time in the country's long history. This is mainly because the period, founded by the warlord Ieyasu Tokugawa, was based on a battle free, peaceful society. The legendary general's birthplace is also the home of the sake brewery, MARUISHIJOZO CO., LTD. Established by the Fukada Family in 1690 in the heart of Aichi Prefecture's Okazaki City, it has consistently produced sake deeply rooted in the local culture for 324 years.

Being surrounded by mountains and rivers, the historical town of Okazaki is also rich in nature, which creates a unique food culture. Best represented by Haccho miso, a type of dark colored miso paste that boasts a powerful and deep flavor with substantial texture, Okazaki's signature flavor is described as bold, complex and multi-layered. MARUISHIJOZO's sake reflects this local preference and is perfect for drinking with food. Combining techniques inherited for centuries and innovative ideas, the brewery has produced sake with distinctive body. True to basics, the brewers handcraft their sake in small batches without sparing time and labor and ensure quality through brewers' five senses.

Three sakes from MARUISHIJOZO are currently available in the U.S. Named after the legendary hero from Okazaki, TOKUGAWA IEYASU is a daiginjo sake that sums up all of the greatest elements of sake production – rice, water and brewing techniques. Fruity, yet full-bodied and smooth, yet crisp, the sake is amazingly well harmonized. Its balanced flavor and aroma go great with simmered dishes, sautéed dishes with butter and even with French dishes like seafood meuniere. The other two are junmai and junmai daiginjo from the MIKAWABUSHI brand. Meaning samurai from Mikawa region, these MIKAWABUSHI sakes both also represent the taste of Okazaki. While the junmai is a slightly sweet, mild type that complements cheese and steak, the junmai daiginjo is dry yet elegant and very good with white fish sashimi. No matter which one you choose, MARUISHIJOZO's sakes, with rich body, will be a wonderful accompaniment to your dining.



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3 things you should know about MARUISHIJOZO CO., LTD.

324 Years of History

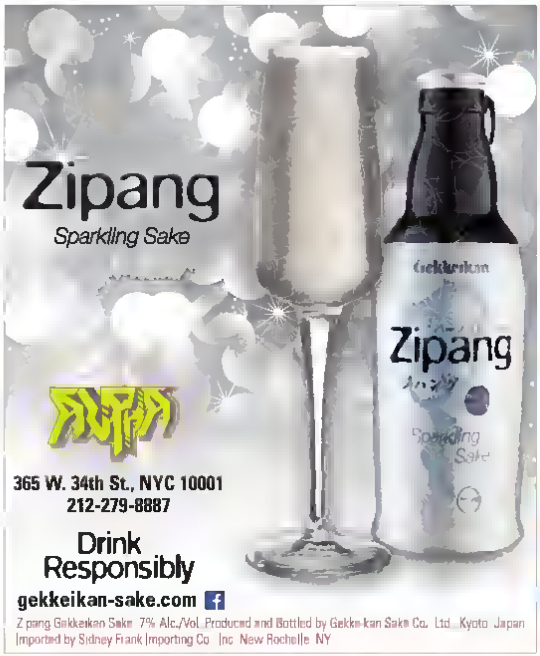
As one of the longest standing sake breweries, MARUISHIJOZO has produced sake for 324 years in the birthplace of Ieyasu Tokugawa, the founder of the Tokugawa Shogunate. Staying close to the local food culture, they brew sake that complements dishes with a full bodied and powerful flavor, the type favored by people of the region. Naturally their sake has been loved by the locals and this is the most important factor in its longevity.

Powerful Sake with Solid Aroma and Taste

MARUISHIJOZO is housed in the home of Haccho miso, a dark miso paste with substantial taste. This flavor is the center of the region's food culture and, naturally determines that of MARUISHIJOZO sake. Powerful and solid, the brewery handcrafts sake with a distinctive taste and aroma and pulls out features of each category such as junmai and ginjo.

Named After the Legendary Ieyasu Tokugawa: A local hero

Like George Washington and Abraham Lincoln in the U.S., Ieyasu Tokugawa is the person who changed the direction of the country and established the nation's foundation. There is no Japanese who doesn't know his name and achievements. MARUISHIJOZO's daiginjo Tokugawa Ieyasu is proudly named after the legendary hero.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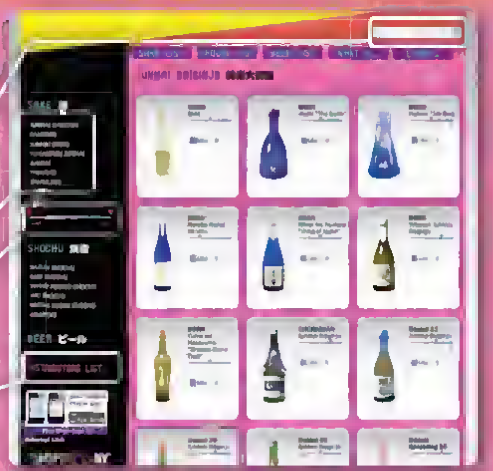


What on Earth?

土用の丑

DOYŌ-NO-USHI

Once "tsuyu" (Japan's rainy season) is over, the hot, humid summer arrives in Japan. The heat really goes up—as does people's discomfort—during the period known as "doyō-no-ushi."

"Doyō" is the term used in "nijūshisekki" (twenty-four solar cycles) to represent the 18–19 days before the first day of each season, so there are four doyō in a year. (It has nothing to do with the word "doyō" that means "Saturday," by the way.) The doyō of summer usually starts on July 19 or 20 and ends on August 6 or 7, depending on the calendar of the year. "Ushi" is one of the twelve signs applied to each day in nijushisekki. Doyō-no-ushi, then, means the day of the ushi sign during the doyō period. Although doyō-no-ushi occur during each season, these days the summer ones are the most significant. This is largely because of a custom that has been enjoyed for about 200 years: eating "unagi" (eel).

This custom started during the late 18th or early 19th century, but its origin is somewhat ambiguous. There are a couple of episodes that seem to be connected to its beginning, the most famous involves Gennai Hiraga, a scientist-scholar-playwright of the late 18th century. An unagi vendor asked him for suggestions on how to keep selling unagi through the hot summer, when people usually lose their appetites. Hiraga came up with the idea of promoting the traditional belief that eating something that begins with the letter "u" on the day of ushi will give people energy to fight "natsu-bate," or heat exhaustion. Then he suggested that the merchant put a sign in his storefront announcing, "Today is the day of USHI." The marketing campaign was a success. Other unagi vendors copied this idea, and the custom gradually spread nationwide.

Regardless of the origin of this custom, eating unagi on doyō-no-ushi is reasonable from a practical point of view. Abundant in vitamins A, B1, B2, and E as well as DHA* and EPA,** unagi is nutritious enough to help people avoid and recover from summer lethargy. Even though the dish is available all year round, Japanese enjoy eating sizzling "unagi no kaba-yaki" (charbroiled marinated unagi on rice) during the hottest part of summer. This year's doyō no ushi fall on July 29.

*DHA: Docosahexaenoic acid (DHA) is an omega-3 fatty acid. DHA is essential for the proper functioning of our brains as adults. In addition, omega-3 fatty acids are part of a healthful diet that help lower the risk of heart disease.

**EPA: Eicosapentaenoic acid (EPA) is one of several omega-3 fatty acids used by the body. Increased intake of EPA has beneficial effects on coronary heart disease, high blood pressure, and inflammatory disorders, such as rheumatoid arthritis.

LIFESTYLE

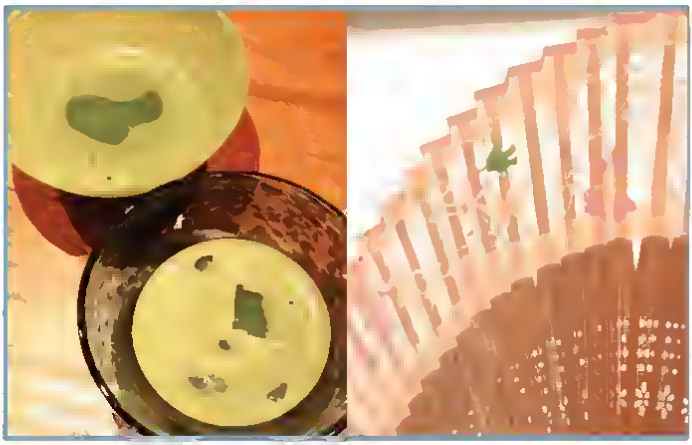
FOCUS — Beating the Heat, Kyoto Style

KAWAII IN NY — Kurozato

HEALTH INTERVIEW — Dr. Eunjung Jo DDS of *Astor Smile Dental*

LISTINGS — Shop, Health, Beauty, School

BEATING THE HEAT, KYOTO-STYLE



Known for its beautiful temples and gardens, Kyoto also holds a less attractive distinction: one of Japan's hottest, most humid cities. There is, of course, air conditioning in Kyoto, but there are also many traditional ways to stay cool (or at least feel refreshed). Since New Yorkers also face heat and humidity, I talked with Ms. Yumi Iida, a Kyoto native and owner of Japanese gift shop Kiteya, about Kyoto methods for surviving summer.

Ms. Iida explained that people in Kyoto often begin the day by sprinkling water over the stones and greenery outside their homes and businesses to cool them before the heat rises. Houses also sometimes have traditional woven structures leaning against them to shield plants and interior spaces from extreme sun while still letting in some light.

Emphasizing the seasons is important in Japan, so summer items typically feature seasonally appropriate motifs (such as goldfish, frogs, and water) and colors (blues and greens). Although this doesn't produce a practical cooling effect, it does suggest the feeling of coolness. Ms. Iida's number-one summer accessory is her folding fan. Women in Japan also use parasols and handkerchiefs, and scarves filled with ice packs have become popular.

You might not think of tea as a summer drink, but it can be quite refreshing. Mr. Ruichiro Kato of Kyoto tea company Ippodo described how an Ippodo employee came up with the idea for chilled, sweetened matcha back in 1935 and it soon became popular throughout Japan. (You can try Ippodo's version, *Uji Shimizu*, at Ippodo NY.)

To make your own cold matcha, you can either prepare thick matcha with hot water and then add ice cubes or just mix the matcha powder with cold water from the start. The former style has a fine froth and smooth texture, while the latter highlights a beautiful, bitter taste. You can also steep green tea leaves in cold water for about 30 minutes for a refreshing summer drink that is sweeter than regular green tea (the lower the temperature of the water, the sweeter the taste). We hope these Kyoto tips will make your summer cooler—they will certainly make it more elegant!

—Reported by *Kate Williamson*

Kiteya SoHo 464 Broome St., New York, NY 10013
TEL. 212 219-7505 / www.kiteya.com

Ippodo NY 125 E. 39th St., New York, NY 10016
TEL. 212 370-0609 / www.ippodo-tea.co.jp/shop/ny.html

A folding fan is a must-have for surviving Kyoto's hot and muggy summers. A fan with a summery motif will not only create a cool airflow but will refresh you just by looking at it.

This sheer handkerchief, printed with Hokusai's *The Great Wave off Kanagawa*, will give you summer a touch of elegance.

You can brew green tea with ice-cold water. Just prepare it a half hour before serving. Use clear glasses instead of ceramic cups for a more cooling look.

Ippodo NY is offering *Uji Shimizu*, sweetened cold matcha drink that is a staple in Kyoto. You can also buy *Uji Shimizu* mix to make it easily at home.

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KAWAII in New York

By Julie Szabo

Sweet Summer Snack

Sugar's been getting a bad rap from the nutrition police – and yet, nothing is cuter than something sweet, and sweetness doesn't happen without sugar. Happily there's a special kind of sugar in a class by itself: the black sugar of Okinawa called *kurozato*. These dark-brown, rock-like chunks don't look particularly kawaii, but taste kurozato and you will see. It's more delicately sweet than the fanciest candy, plus it's much cooler too. Why? Because, unlike candy, kurozato has health benefits! This unrefined cane sugar contains the very-good-for-you minerals potassium, iron, and calcium. Do you know someone who suffers from painful menstrual periods? Gift her with kurozato. Japanese women traditionally nibble at pieces of black sugar to relieve period pain and stress, because it works. With a full-bodied flavor reminiscent of molasses and maple candy, kurozato is also an excellent sweetener substitute wherever you would use honey – try floating kurozato cubes in lemonade, ginger tea, or summer cocktails! For a smooth effect, make *kuromitsu* (sugar syrup) by simmering one part water to two parts kurozato.

Kurozato is excellent for baking too. It does add a few minutes of extra prep time, because those irresistible chunks of dark sweetness need to be pulsed in the food processor until they're pulverized, or they will cause giant clumps in your batter. But the extra effort is well worth it, for kurozato lends amazing flavor to baked goodies – and even if you do end up with a few kurozato craters in your *wagashi* (dessert), these are delicious and only add kawaii character!

Zucchini is plentiful in summertime, so here's a recipe for an easy-to-make "Kawaii Quick Bread" sweetened with kurozato. Enjoy it for breakfast, at tea time, or as a midnight snack. A loaf of KQB also makes an excellent hostess gift if you're invited for a summer weekend in the country or at the beach.

Kawaii Quick Bread

- Preheat oven to 325, and grease a loaf pan with butter
- 2 cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup kurozato, pulsed in food processor
- 2 eggs
- ½ cup coconut oil
- ½ cup yogurt or kefir
- 1 cup coarsely grated zucchini

In a bowl, whisk flour with baking powder, baking soda, and salt. In another bowl, mix sugar, eggs, oil, and yogurt or kefir. Add wet ingredients to dry, then add the grated zucchini, and stir until combined. Bake for one hour, or until toothpick inserted into center comes out clean.

Julie Szabo has covered culture and style for *The New York Times* and *New York Post*, and created a zodiac design column for *Traditional Home*.

Illustration by Andrea Jones

From Kyoto: Traditional Japanese Craftsmanship Meets Modern Art
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66 Madison Ave. (bet. 27th & 28th St.) — Lingerie
212-683-2223

West Village — Yamak
321 1/2 Bleecker St. (bet. Christopher & Grove) — Clothing
212-807-9100

East Village — ARGOSY
328 E. 9th St. (bet. Ave. A & 1st Ave.) — Clothing
212-982-7518

East Village — Local Clothing
328 E. 9th St. (bet. 1st & 2nd Ave.) — Clothing
212-777-3850

East Village — Patricia Field*
306 Bowery (bet. Huston & Bleecker St.) — Clothing
212-674-4096

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East Village — Tokio 7*
53 E. 7th St. (bet. 1st & 2nd Ave.) — Clothing
212-353-8443

East Village — Takyo Jae
334 E. 11th St. (bet. 1st & 2nd Ave.) — Clothing
212-473-0724

Tribeca — Brtz Kids Tribeca
275 Greenwich St. (bet. Murry & Warren St.) — Clothing
212-571-0103

Tribeca — Mika Isatoma
53 Reade St. 2 Fl. (bet. 6th & 9th Ave.) — Clothing
212-965-7777

Soho — Arth
75 W. Houston St. (Wooster St. & W. Broadway) — Accessories
212-539-1431

Soho — Bradelis New York*
211 Elizabeth St. (bet. Prince & Spring St.) — Lingerie
212 941-6626

Soho — Facial Iades
104 Grand St. (at Mercer St.) — Eyewear
646-613-1055

Soho — Kaori's Closet
71 W. Houston St. (Wooster St. & W. 6th way) — Lingerie
212-387-7788

Soho — Mieko Mintz
65 Thompson St. (bet. Spring & Broome St.) — Clothing
212-627 1524

Soho — R by 45rpm
163 Mercer St. (bet. Prince & Houston St.) — Clothing
917 237-0045

Soho — UNIQLO
541 Broadway (bet. Prince & Spring St.) — Clothing
917 237-8400

Soho — Yohji Yamamoto
103 Grand St. (at Mercer St.) — Clothing
212-966-9086

Queens — Bradelis New York*
135-20 39th Ave. #HL 216 Huthing NY 11354 — Lingerie
718-353-1345

New Jersey — Miki House
400 Hackensack Ave. Hackensack NJ 07601 — Clothing

New Jersey — UNIQLO
1 Garden State Plz. Paramus NJ 07652 — Clothing
877-486-4756

J-POP CULTURE

Midtown West — Book Off*
48 W. 45th St. (bet. 5th & 6th Ave.) — Book
212-575-1410

Midtown West — Jim Haaley's Universe*
4 W. 33rd St. (bet. 5th Ave. & Broadway) — Manga
212 268-7069

Midtown West — Kinokuniya Bookstore
1073 6th Ave. (bet. 40th & 41st St.) — Book
212-869-1700

Midtown West — Midnight USA
36 W. 43rd St. 2 Fl. (bet. 5th & 6th Ave.) — Video Rental
212-827-0502

Midtown West — Midtown Comics*
200 W. 40th St. (at 7th Ave.) — Manga
212-302-8192

Midtown East — Midtown Comics*
459 Lexington Ave. (at 45th St.) — Manga
212-302-8192

Chelsea — Cosmic Comics
10 F. 23rd St. 2 Fl. (bet. Madison & 5th Ave.) — Manga
212-460-5322

Chelsea — Image Anime*
242 W. 30th St. (bet. 7th & 8th Ave.) — Anime
212-631-0966

West Village — AC Gears
66 E. 8th St. (bet. Broadway & University Pl.) — J Goods
212-260-2266

East Village — Forbiddae Planet
832 Broadway (bet. 12 & 13th St.) — Toy
212-473-1576

East Village — Kim's Videa St. Marks
124 1st Ave. (bet. 7th St. & St. Marks Pl.) — Video Rental
212-533-7380

East Village — St. Marks Comics
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) — Manga
212-598-9439

East Village — Suarise Mart
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.) — Video Rental
212-598-3040

East Village — Toy Tokyo*
91 2nd Ave. (bet. 5th & 6th St.) — Toy
212-473-5424

East Village — Vidaa Gamas New York*
202 E. 6th St. (at 3rd Ave.) — J Goods
212-598-1038

Soho — kidrobot
118 Prince St. (bet. Elmere & Wooster St.) — Toy
212-966-6998

Soho — Suarise Mart, Soho
454 Broome St. (W. Broadway & Wooster St.) — Video Rental
212-219-0033

Brooklyn — Zakka Corp*
155 Plymouth St. (bet. Jay & Pearl St.) — Book
718-901-9037

Queens — Anime Castle*
35-32 Union St. Flushing, NY 11354 — Anime
347-436-1298

New Jersey — Guedam Planet*
544 10th St. Palisades Park, NJ. 07650 — Toy
201-944-5305

TRAOITIONAL

Midtown East — Misamoto Kitchoan*
509 Madison Ave. (bet. 52nd & 53rd St.) — Confectionery
212-453-3747

Chelsea — KYOTOYA*
23 W. 19th St. (bet. 5th & 6th Ave.) — General
212-414-0720

East Village — Mokoni
97 3rd Ave. (bet. 12th & 13th St.) — Antique/ General
212-635-5888

Soho — Kimaao House
131 Thompson St. (bet. Prince & Houston) — Kimono
212-505-0232

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New Jersey — Mars New York
565 River Rd. Edgewater, NJ 07020 — General
201-945-1134

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www.wuhaonyc.com — Towel
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425 Madison Ave. (at 48th St.) — Gallery
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Chelsea — NYCoo Gallery*
1133 Broadway #335 (bet. 25th & 26th St.) — Gallery
212 380-1145

Chelsea — Oeishi Gallary
521 W. 26th St. (bet. 10th & 11th Ave.) — Gallery
212-695-0035

Lower Mhn — gallery oaetwantyeight
126 Rivington St. (bet. Norfolk & Essex St.) — Gallery
212-674-0244

Queens — Gallery Gen
47-05 30th St. Long Island City, NY 11101 — Gallery
718-392 7717

OTHER

Midtown West — Toho Shop N.Y.*
980 8th Ave. (bet. 56th & 57th St.) — Jewelry Supply
212-956-7465

Midtown East — Ippodo Tea
125 E. 39th St. (bet. Lex & Park Ave.) — Other Goods
212-370-0505

Lower Mhn — The Moederie's Tea Room
21 Howard St. #201 (Lafayette & Broadway) — Other Goods
917 717 1091

Queens — Queens Crossiag Mall*
135-47 39th Ave. Flushing, NY 11354 — Other Goods
718-498-1234

New Jersey — Nippoa Auto Leasiag
2050 Center Ave. Suite 575 Fort Lee, NJ 07024 — Other Goods
201-500-0000

Online — IKI Japaa
www.ikijapan.com — Other Goods
650-588-5764

Online — LUPICIA Fresh Tea
www.lupicausa.com — Other Goods
866-574 4832

HOUSEHOLO GOOOS

Upper East — Sara Japaaese Pottery*
950 Lexington Ave. (bet. 69th & 70th St.) — Home Decor
212 772-3243

Midtown East — Japaaese Culiaary Center
711 3rd Ave. (at 45th St.) — Other Goods
212-871-3333

Tribeca — Korie*
57 Warren St. (bet. Church St. & W. 6th way) — Home Decor
212 587 7021

New Jersey — Kitchenware Central*
1635 Lemoine Ave. Fort Lee, NJ 07024 — Home Decor
201-886-0003

Online — Seito Trading
www.seito-newyork.com — Home Decor
718-472-5413

Dentist to Fit a New York Lifestyle

Health Interview: Dr. Eunjung Jo, DDS of Astor Smile Dental

What can patients expect here?

We focus on general dentistry at every age, and cosmetic dentistry. Whitening, veneers, crowns and resin fillings are most common. Because of our Union Square location, we get many young professionals and their families. Our patients value transparency, accountability and convenience, which are vital components to fostering patient assurance and trust in us. We use ZocDoc, an open platform where patients can review our profile and read unfiltered patient testimonials. Appointments can be directly scheduled there, too. Our waiting time is at most 5 minutes.

What is most important for you when seeing a patient?

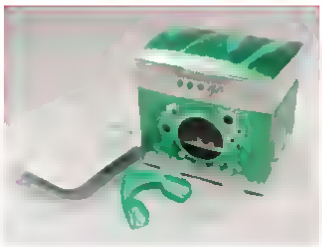
Education is vital for the patient to feel comfortable prior to- and during the treatment. We make a strong effort to clearly explain all aspects of the process so they can make an informed decision that they feel confident in.

Share with us your health & beauty secrets

We have a Facebook page (@Astorsmiledental) where I post inspirational quotes to live a happier, healthier life – the key to looking beautiful! We also post educational information on new technologies and equipment that are available at Astor Smile Dental.

Any revolutionary products or technologies you highly recommend?

Zoom Whitening is a great, professional whitening system that allows us to customize the intensity setting for great results but with little to no sensitivity. It's the perfect lunch hour treatment. We also offer a whitening kit to maintain your beautiful smile at home.



Astor Smile Dental currently offers a comprehensive dental exam with digital X-ray cleaning and home teeth whitening kit for only $99 ($570 value).

Dr. Eunjung Jo strives to stay up to date with the advances in dentistry to provide the best treatment plan suitable for each patient.

Astor Smile Dental
191 3rd Ave
New York, NY 10003
TEL. 212-254-0800
www.astordentalsmile.com

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$299 Zoom 1 Hour Whitening & Cleaning

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Dr. Jo specializes in General & Cosmetic dentistry, including white resin fillings, crowns, bridges, veneers, Implants, Invisalign, lumineers, and teeth whitening.

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*Various other treatments are available.

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Health Guide

Recommended treatment prices are mid ranged. Minimum price is indicated under each category.

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Upper West — Your True Self
501 Seminary Row (at Amsterdam Ave.) | 212-678-4251 | $75 /60min

Midtown West — Endo Sertai Shiatsu

A veteran practitioner of Se tai with 21 years of experience Mr. Endo corrects imbalances in your body to improve your posture alleviate back arm and neck pain and increases energy Sertai (posture alignment) heals your body Appointment s required

241 W 30th St. 2 Fl (btwn 7th & 8th Ave.) | 973-851-2936 | $90 /60min

Midtown West — Dsake Health Spe 46
37 W 46th St. 3 Fl (bet 5th & 6th Ave.) | 212-575-1303 | $120 /60min

Midtown West — Salon de Tokyo*
200 W 57th St #1309 (at 7th Ave.) | 212 757-2187 | $70 /60min

Midtown East — Do-in Center

Are you sick and tired of feeling pain in your lower back neck shoulders or feet? Sometimes even x rays will not show the cause of pain For 18 years Nao Suzuki master of Doin Se tai has been using unique Shiatsu methods to eliminate pain and relax He will determine the root of your pain and activate your own self-healing power to fix it without drugs pills shots or surgery See testimonials on his website!

141 E. 55th St. 2E (bet. Lexington & 3rd Ave.) | 212-697-3114 | www.do nsertai.com | Shiatsu

Midtown East — aase NY LLC
11 E. 41st St. #2 (bet. Madison & 5th Ave.) | 212-661-5151 | $85 /50min

Midtown East — iDo Holistic Center*

Japanese massage spa (Do Holistic Center specializes in shiatsu acupuncture and herbal medicine to make your dreams of a healthy life come true New clients can get the Over-50% Off Massage Package which includes 30 minutes of herbal steams and 60 minutes of massage (choice of Shiatsu Deep tissue and Swedish massages) for $60 (reg $140). Acupuncture is $95 for all clients

22 E. 49th St. (Madison & 5th Ave) | 212-599-5300 | www.idocenter.com | $50-

Midtown East — Herbal Fairy Wellness Spa
333 E.43th St. Lobby D (bet. 1st & 2nd Ave.) | 212-208-3688 | $80 /90min

Midtown East — Kenkado Inc
211 E. 53rd St (bet. 2nd & 3rd Ave.) | 212-980-0088 | $80 /100min

Chelsea — Cowlicks Japan*
137 W. 19th St. (bet. 6th & 7th Ave.) | 212-367-2123 | $45 /30min

East Village — Kaisy
229 E. 9th St. 2 Fl (bet. 2nd & 3rd Ave.) | 212 253-6171 | $45 /50min

Lower Mhn — Health Trail CO
23 Pell St. 2 Fl (bet. Mott & Doyers St.) | 212-608-2212 | $48 /50min

Lower Mhn — Whole Health Wellness Center & Mini Spa
34 Howard St. 2 Fl (bet. Broadway & Crosby St.) | 212-625-8968 | $55 /100min

New Jersey — Endo Sertai Shiatsu NJ
23 Kingsland St. 2 Fl. Nutley NJ 07110 | 973-951 2936 | $90 /60min

ACUPUNCTURE

Midtown West — Nihon Medical Healthcare (Manhattan 44)
15 W. 44th St.10 Fl (bet. 5th & 6th Ave.) | 212-575-8310 | $80 & up

Midtown West — Vital Balance Healing Center
241 W. 37th St. #405 (bet. 7th & 8th Ave.) | 212-470-3258 | $95 /60min

Midtown West — Yamaguchi Acupuncture*

One of the most distinguished acupuncturist and Kampo herbalists with 36 years of experience licensed in NY and Japan specializes in pain management sports injury menopause infertility allergy and digestive problems. www.yamahelps.com

161 W. 54th St. #21 (bet. 6th & 7th Ave.) | 212-248-7588 | www.yamaguchi-anpuncture.com | Acupuncture

Midtown East — Acumed Center*
150 E. 56th St. #1C (bet. 3rd & Lexington Ave.) | 212-486-8677 | $90 /50min

Midtown East — Amy Nature Center
137 E. 47th St. 1 Fl (3rd & Lexington Ave.) | 212-317-2720 | $80 /visit

Chelsea — Love & Compassion
48 W. 21st St. 7 Fl (bet. 5th & 6th Ave.) | 212 242-8701 | $140 /120min

Chelsea — SuHu Naturel Health
1 Union Sq. W #715 (at E 14th St.) | 212-691-8281 | $90 /visit

Soho — Mushin Acupuncture*
59 Greene St. 2fl (bet. Broome & Grand St.) | 347-625-7242 | $75 & up

Queens — Chen Gui
133-47 Sanford Ave #1G Flushing, NY 11355 | 718-961-7222 | $80 /45min

Long Island — Kimura Acupuncture
637 Wills Ave Williston Park NY 11596 | 516-862-1232 | $60/acu $40/ear

New Jersey — Dr. Hong
6135 Bergenline Ave #3 West NY NJ 07093 | 201-854-8488 | $70 /30min

OOCTOR

Upper East — Charles K. Loving*
17 E. 84th St. (bet. 5th & Madison Ave.) | 212-861 7373 | Cosmetic Surgery

Midtown West — Anshin Medical Health Care
311 W. 44th St. #303 (bet. 8th & 9th Ave.) | 212 730-9010 | General Clinic

Midtown West — Nihon Medical Healthcare (Manhattan 44)
15 W. 44th St. 10 Fl (bet. 5th & 6th Ave.) | 212 575-8910 | General Clinic

Midtown East — Dental Serenity

Dr. Nina Chang is a member of the American Academy of Implant Dentistry Award Dental Serenity offers free dental consultation with Bam Relaxation rooms pain free dental injections and digital X-ray system (Emergency Line: 917-690-7181)

425 Madison Ave #1400 (bet. 48th & 49th St.) | 212 247 8631 | www.dentalserenity.us | Dentist

Midtown East — Haruyo Fujiwaki PhD
117 E 37th St #1A (bet. Lex & Park Ave.) | 212 283-2527 | Psychologist

Midtown East — iDo Holistic Center*
22 E. 49th St 3rd Fl (bet Madison & 5th Ave.) | 212-838-2800 | Herbal Medicine

Midtown East — Japanese Medical Practica
55 E 34th St 2 Fl (bet. Park & Madison Ave.) | 212-683-2113 | General Clinic

Midtown East — Midtown Dental Group
155 E 55th St #301 (bet. Lex. & 3rd Ave.) | 212 759-5505 | Dentist

Midtown East — Nihon Medical Healthcare (Manhattan 55)
305 East 55th St. Suite #102 (bet. 1st & 2nd Ave.) | 212-532-8910 | General Clinic

Chelsea — Heruno Miyamoto SW
364 W. 18th St. #3C (bet. 8th & 9th Ave.) | 347-403-3508 | Social Worker

Gramercy — Astor Smile Dental

Dr. Jose a graduate of NYU and specializes in general & cosmetic dentistry including white resin fillings crowns bridges veneers implants, Invisalign Inman braces and teeth whitening with state-of-art equipment and technology Mon-Sat. 9-6pm

101 3rd Ave. (at 17th St.) | 212 254-0900 | www.astorsmiledental.com | Dentist

New Jersey — Edgewater Family Care Center
725 River Rd. #202 Edgewater NJ 07020 | 201-343-4040 | General Clinic

New Jersey — Japanese Women's Center
370 Palisade Ave. 3 Fl Teaneck, NJ 07666 | 201 747 2284 | OBGYN

CHIROPRACTIC

Upper East — Cucci Chiropractic*
131 E 61st St. (bet. Park & Lexington) | 212-980-3332 | $100-/visit

Midtown East — Harada Chiropractic
15 E 40th St. #901 (bet. Madison & 5th Ave.) | 212 390-9031 | $80 Visit

OTHER

Upstate — Body By Chizuru
40 Memorial Hwy New Rochelle NY 10801 | 917 599-9670 | Personal Trainer

New Jersey — Club Metro USA*
1542 Schlosser St Fort Lee NJ 07024 | 201-944-2725

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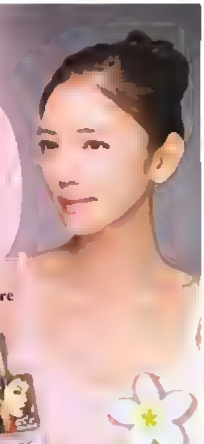

Body-line Care Pelvis Care Arms Care
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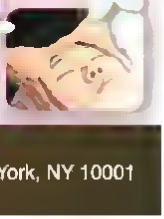
In a lot of countries, bone therapy has become incredibly popular and a hot topic in the media.

See the website for details
www.beautymade.com
www.yaksonhouse.com (EN)



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Beauty Guide

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HAIR SALON

Upper West — Hoshi Coupe III $40-
2101 Broadway (at 105th St.)
212-663-0460

Upper West — K's Salon $77
162 W 56th St (bet. Amsterdam & Columbus Ave.)
212-332-4531

Upper East — Giovaaai-Sacchi $50-
1354 Lexington Ave (bet. 90th & 91st St.)
212-360-5567

Upper East — Michi★ $50-
208 E. 60th St. (bet. 2nd & 3rd Ave.)
212-752-3221

Upper East — Tokuyama Salon★

With expertise in the magazine's fresh cut shoots Tokuyama's stylists bring full glamour and beauty suited to each customer. A glamorous makeover can be done in one visit. The salon's interior gives a sense of serenity with its antique decoration
230 E. 53rd St (bet. 2nd & 3rd Ave.) $60-
646-866-8565 www.tokuyamasalon.com

Upper East — Tomoko Shima Hair Salon★ $60-
171 E. 82nd St. (bet. Lexington & 3rd Ave.)
212-722-4328

Midtown West — Midama Salon-Gallery $100-
545 5th Ave. (bet. 37th & 38th St.)
917-432-2957

Midtown West — Mingla Salon New York $80-
10 W. 56th St. 2 Fl (bet. 5th & 6th Ave.)
212-459-3320

Midtown West — Mitzu Hair & Make-up $135-
57 W. 57th St. #1204 (at 5th Ave.)
212-575-0360

Midtown East — Eri Salon $125-
601 Madison Ave. 5 Fl (bet. 57th & 58th St.)
212-838-3454

Midtown East — Hair Mates Midtown★ $55-
114 E. 40th St. (bet. Lexington & Park Ave.)
212-865-2930

Midtown East — Hazuki Hair $39-
328 E. 53rd St. (bet. 1st & 2nd Ave.)
212-755-2523

Midtown East — HEARTS New York Salon★ $70-
40 E.54th St. (bet. Park & Madison)
212-810-8900

Midtown East — Hisako Saloa★ $60-
233 E. 50th St. (bet. 2nd & 3rd Ave.)
212-764-7540

Midtown East — Mamotaro★ $70-
22 E. 48th St. 2 Fl (bet. Madison & 5th Ave.)
212-758-2382

Midtown East — RH Plus Salon★

RH+ Try the newest perm technologies from Japan: the Digital Hot Wave and the Digital Perm / Japanese Straightening Perm. Combination. Also try Smooth ng Solution Cashmere Luminance which smoothes hair effectively ©
805 3rd Ave. 2 Fl (bet. 49th & 50th St.) $50-
212-644-8058 www.rhplusny.com

Midtown East — Salon Ishi $87
70 E. 55th St. (bet. Park & Madison Ave.)
212-838-4744

Midtown East — Salon Kinya $95-
8 E. 41st St. 2 Fl (bet. 5th & Madison Ave.)
212-576-1117

Midtown East — Salon Wave $50-
1029 2nd Ave. (at 54th St.)
212-355-7398

Midtown East — T-Gardens New York $70-
328 E. 55th St. (bet. 1st & 2nd Aves.)
212-935-0105

Midtown East — VARTALI SALON $95-
48 East 57th St. (bet. Park & Madison Ave.)
212-935-4640

Chelsea — Cowlicks Japaa★

Cowlicks offers a full range of services: styling, color, condition ng treatments, perms, Japanese hair straightening and Shiatsu. Self-indulge to offset your hectic day with relaxing bodywork done in a mellow environment.
137 W. 19th St. (bet. 6th & 7th Ave.) $57-
212-367-2123 cowlickspsperm.com

Chelsea — Curvy Lashes & Hair $45-
123 5th Ave. 2nd Fl (bet. 19th & 20th St.)
347-723-2783

Chelsea — Hair Mates Union Square $50-
23 E. 17th St. (bet. Broadway & 5th Ave.)
646-692-4700

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22 E 1st St., (bet. Bowery & 2nd Ave.)

Chelsea — **Hisako Salon***
193 7th Ave (bet. 20th & 21st St.) — $55-
212-569-2233

Chelsea — **Hoshi Coupe I**
259 W 19th St (bet. 7th & 8th Ave.) — $50-
212 255-0770

Chelsea — **KIWA Salon***
234 W 27th St (bet. 7th & 8th Ave.) — $55-
212-620-3648

Chelsea — **Keiko's Hair & Makeup**
256 W 15th St. (bet 7th & 8th Ave.) — $50-
646-221-6317

Chelsea — **Tomoko Shima Hair Salon***
235 W 14th St (bet 7th & 8th Ave.) — $65-
646-438-8277

Gramercy — **Hayato Beside Salon & Academy**
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125 E 23rd St (bet. Park & Lexington Ave.) 3rd Fl. — $35-
646-682-9324 www.hayatobeside.com

Gramercy — **Hayato New York***
125 E 23rd St 2 Fl (bet. Lexington & Park Ave.) — $70-
212-673-7373

Gramercy — **Kaz Shigematsu**
123 5th Ave 2Fl (bet.19th & 20th St.) — $60-
646-234-1134

Gramercy — **Shinji 5th Ave Salon**
123 5th Ave. 2Fl (bet 19th & 20th St.) — $30-
347-580-0108

Gramercy — **Warren-Tricomi**
WARREN•TRICOMI
Warren Tricomi opened its first salon location in September and a veteran Japanese stylist Kei who's built and all creating elegant and sexy long hairstyles is offering a special promotion until 8/31. When you make a reservation with Kei a haircut will be $80 (reg $160) with a free Nano Amino Treatment ($40 value). The Nano Amino Treatment keeps damaged hair exposed to strong ultraviolet rays healthy
125 5th Ave (bet. 19th & 20th St.) 2nd Fl. — $130-
212-252-9995 www.warrentricomi.com

West Village — **Hair Mode**
476 6th Ave (bet. 11th & 12th St.) — $50-
646-391-6124

West Village — **SEI-TOMOKO W4**
142 W 4th St (Washington Sq. Pk. & 6th Ave) — $40-
212-477 5475

West Village — **YUI SALON***
323 W 11th St (bet. Greenwich & Washington) — $70-
212-647 9303

East Village — **009**
313 E 9th St. (bet. 1st & 2nd Ave.) — $60-
212-677-2020

East Village — **Olala***
149 Ave A (bet. 9th & 10th St.) — $50-
212 777 5252

East Village — **Hair Date**
329 Bowery (bet. 2nd & 3rd St.) — $50-
212-228-8381

East Village — **Hair Mates Downtown***
13 3rd Ave (bet. 7th & St. Marks Pl.) — $45-
212-777-4512

East Village — **Hoshi Coupe II**
214 E 9th St (bet. 2nd & 3rd Ave.) — $45-
212-505-0303

East Village — **I Salon***
77 E 10th St. (bet. 3rd & 4th Ave.) — $45-
212-505-0537

East Village — **KZ Salon***
219 E 10th St. (bet. 1st & 2nd Ave.) — $55-
212-260-5199

East Village — **Kryora Salon***
15 E 12th St 2 Fl (5th Ave & University Pl.) — $30-
212-414-4480

East Village — **Patricia Field***
306 Bowery (bet. Huston & Bleecker St.) — $30-
212-995-4066

East Village — **Pika Salon***
233 E 4th St. (bet. Ave A & B) — $60-
212-673-8208

East Village — **Q Hair***
13 Bleecker St. (bet. Bowery & Layfayette St.) — $60-
212-614-4725

East Village — **REBIRTH***
304 E 9th St (bet Ave B & C) — $50-
212-677 1742

East Village — **Redge Salon**
263 E 10th St. (bet. Ave A & 1st Ave.) — $45-
212-777-3343

East Village — **SALON VIJIN***
22 East 1st St. (bet. Bowery & 2nd Ave.) — $60-
212-254-0664

East Village — **SEI-TOMOKO 02**
125 E 4th St. (bet. 1st & 2nd Ave.) — $40-
212-473-3320

East Village — **SEI-TOMOKO E13**
240 E. 13th St. (bet. 2nd & 3rd Ave.) — $40-
212-533-8813

East Village — **Shizen**
627 E. 6th St (bet. Ave B & C) — $55-
212 777-2128

East Village — **Takamichi Hair***
253 Bowery St. (bet. Houston & Stanton St.) — $120-
212-420-7976

East Village — **Tokuyama Salon**
627 E. 6th St. (bet. Ave B & C) — $90-
212-260-7507

East Village — **Trois Peignes***
150 2nd Ave (bet. 9th & 10th St.) — $55-
212-388-9842

East Village — **Usan Salon***
408 E. 9th St (bet. Ave. A & 1st Ave.) — $55-
212-505-7773

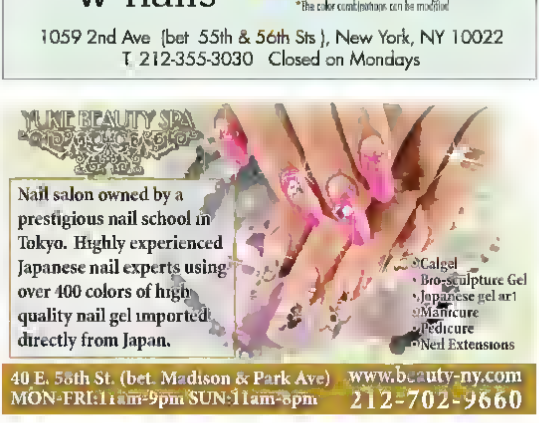
East Village — **Yo-C Salon***

The owner stylist Yoshi utilizes funky & edgy styles of Tokyo, elegance of Paris and aggressiveness of NY styles and highlights individual customer's personality. Specialization of Japanese Straight Perm and cuts $30 & up. Student discount available
225 E 5th St (bet. 2nd & 3rd Ave.) — $75-
212-529-0355 www.yo-csalon.com

Lower Mhn — **Cocoro Salon**
122 Ludlow St. (bet. Rivington & Delancey St.) — $55-
212-228-8388

Lower Mhn — **Kanako Salon**
91 Clinton St (bet. Rivington & Delancey St.) — $40-
212-780-3811

INTRODUCING SUMMER CALGEL COLLECTION
Speciol Promotion
on selected designs
reg.$85 → $60
Valid until 09/31/2014
W nails
*Mention this promotion when making an appointment
*The color combinations can be modified
1059 2nd Ave (bet 55th & 56th Sts.), New York, NY 10022
T 212-355-3030 Closed on Mondays


YUKI BEAUTY SPA
Nail salon owned by a prestigious nail school in Tokyo. Highly experienced Japanese nail experts using over 400 colors of high quality nail gel imported directly from Japan.
Calgel
Bio-sculpture Gel
Japanese gel art
Manicure
Pedicure
Nail Extensions
40 E. 56th St. (bet. Madison & Park Ave)
MON-FRI:11am-9pm SUN:11am-8pm
www.beauty-ny.com
212-702-9660

Tribeca — **Lotus Salon North Monre**
34 North Moore St. (bet. Varick & Hudson St.) 212-219-3536 — $80-

Tribeca — **Salon Musa**
156 Sullivan St. (bet. Prince & Houston St.) 646-481-6033 — $75-

Brooklyn — **Cocnro Salon***
129 N 6th St (bet. 6th & 7th St.) 718-782-1108 — $60-

Brooklyn — **Commnn Salnn & Gift***
131 Grand St. (bet. Driggs & Bedford Ave.) 718-384-7412 — $60-

Long Island — **LI Wave**

Cozy hair salon staffed with experienced stylists trained in Japan and NY. After a thorough consultation, your stylist will suggest the best styles to match your personality. They also offer eyelash perms and gel nails. First time customers get 20% off thru July 31st.

18 Hawan Ave. (Rt. 25A) Port Washington, NY 11050 516-883-3045 www.lwavesalon.com — $40-

Westchester — **Hnr Studin NAKA***
267 Halstead Ave. Harrison, NY 10528 914-835-0045 — $65-

Westchester — **Hiro's Hnr Snlnn***
210 Railroad Ave. Greenwich, CT 06830 203-769-1620 — $85-

Westchester — **Momotaro***
2 Spencer Pl. 2 Fl. Scarsdale, NY 10583 914-472-5697 — $90-

New Jersey — **Akane Salan***
2024 Center Ave. Fort Lee, NJ 07024 201-461-3644 — $40-

New Jersey — **Katsuko Snlon***
2035 Lemoine Ave. (bet. Fort Lee, NJ 07024 201-585-3096 — $90-

New Jersey — **Michi Bnnuty Snlon**
585 River Rd. Edgwater, NJ 07020 201-941-1885 — $50-

New Jersey — **Salon Onsis***
170 Main St. Fort Lee, NJ 07024 201-242-0554 — $50-

New Jersey — **Salon XO**
101 Newark Pompton Turnpike Little Falls, NJ 0742 973-249-6284 — $35-

New Jersey — **Tosh Hnr Supremn***
1550 Lemoine Ave. Fort Lee, NJ 07024 201-461-3637 — $45-

SPA

Upper West — **Salon de Tokyo***
200 W. 57th St. #1300 (bet. 7th Ave & Broadway) 212-757-2187 — $70-

Midtown West — **Nihon Ony Spn**
15 W 44th St 10 Fl (bet. 5th & 6th Ave.) 212-575-7692 — $40-

Midtown West — **Purest Lasnr**
25 W 39th St 11th Fl (bet. 5th & 6th St.) 212-302-0038 — 30 shots $45-

Midtown West — **SHIZUKA New York**
7 W 51st St 8 Fl (bet. 5th & 6th Ave.) 212-644-7400 — $65-

Midtown East — **Hana Day Spa***
208 E 80th St. (bet. 2nd & 3rd Ave.) 212-752-3223 — $100-

Midtown East — **Herbal Fairy Wellness Spa**

Herbal Fairy Wellness Spa gives you a unique combination of Eastern and Western advanced treatments with exotic oils and organic lotions. They are experts at Swedish deep tissue and shiatsu massage, body scrub, acupuncture and lava stone.

333 E 49th St. (bet. 1st & 2nd Ave.) 212-260-3629 www.herbalfairy.com — $80-/ 80min

Midtown East — **MOONFLOWER SPA***
9 E 41st St. 3 Fl. (bet. Madison & 5th Ave.) 212-683-8728 — $75-

Midtown East — **Yukte Beauty Spa**
40 E. 58th St. (bet. Park & Madison Ave.) 212-702-9660 — $40-

Chelsea — **New York Electrolysis**

Offering comprehensive electrolysis treatment by highly trained Japanese electrologist with 10+ years of experience. Electrolysis is the only proven method of permanent hair removal. Call for free consultation. You have nothing to lose but your unwanted hairs!

10 E. 23rd St. #220 (bet. Park & 5th Ave.) 212-673-4350 www.electrolysisny.com — $50-/15min

Lower Mhn — **Corna Bnnuty Contnr**

Offering quality services for over 30 years. Corina Beauty Center provides Facial and Natural Permanent Eye Brow ($250) services. Herbal Facial ($45) Deep Clear Laser Facial ($55) RF Treatment ($180) Algo Mask ($15)

121 Baxter St. (bet. Canal & Hester St.) 212-941-7117 — $35-

Koreatown — **YAK SON HOUSE***
35 W. 32nd St. 601 (bet. Broadway & 6th Ave.) 212-564-7474 — $150-

Chelsea — **Excy Laser Hnir Rnmoval***
143 W. 29th St. (bet. 6th & 7th Ave.) 212-695-1868 — $30

Lnwnr Mhn — **KSS BEAUTY SPA**

Offering quality services for over 30 years. KSS Beauty Spa provides a complete range of beauty services including facials, microdermabrasion, permanent makeup, spa treatments, massages and nail care. New customers mention ng Chopsticks NY can get Eyelash Extension for $60 (save $28), Permanent Eyebrows for $150 (a 50% discount). Also local customers may receive first time deep cleansing facial for $39.

187 Centre St. (bet. Canal & Hester St.) 212-966-9531 www.kssbeautyspa.com/ — $35-

Queens — **este dn dnronko**
119-43 Union Tpk. Forest Hills, NY 11375 917-886-4004 — $60

Westchester — **este de dnronko***
21 Lake St. White Plains, NY 10603 917-886-4004 — $60

New Jersey — **King SPA Fitness**
321 Commercial Ave. Palisades Park, NJ 07650 201-947-0955 — $45-

School Guide

The following is a list of schools where you can learn Japanese culture

Coupon available at www.chopsticksny.com

★ Chopsticks NY available to pick up

LANGUAGE

Upper West — Your True Self — Japanese
501 Seminary Row (at Amsterdam Ave.)
212-678-4251

Midtown West — NY Japanese Language — Japanese
257 W. 39th St. 11th Fl. (bet. 7th & 8th Ave.)
646-345-3777

Midtown West — The Nippan Club/JFNY — Japanese

JF Japanese Language Course focuses on what you can do by using Japanese, and on practical activities that incorporate Japanese culture. Learn real-life Japanese & explore Japanese culture with us! Visit www.jfny.org/language/overview.html for more info

145 W. 57th St. (bet. 6th & 7th Ave.) — Japanese
212-581-2223 www.nippanclub.org/culture

Midtown East — Amity Language Institute* — Japanese
124 E. 40th St. #203 (at Lexington Ave.)
212-697-1374

Midtown East — Hills Learning — Japanese

Hills Learning is the only language school in Chopsticks NY that offers group classes and private lessons for Japanese as well as Korean, Chinese, Thai and English. Trial lessons are available with no mandatory material or registration fees

380 Lexington Ave. 17 Fl. (bet. 41st & 42nd St.)
212-551-7903 www.hillslearning.com

Midtown East — dbec language institute, inc.* — Japanese
369 Lexington Ave. #309 (bet. 40th & 41st St.)
212-867-2000

Midtown East — Japan Society — Japanese
333 E. 47th St. (bet. 1st & 2nd Ave.)
212-715-1258

Midtown East — Language House — Japanese
211 E. 43rd St. #1106 (bet. 2nd & 3rd Ave.)
212-549-5455

Midtown East — PC Tach* — Japanese
317 Madison Ave. #900 (at 42nd St.)
212-600-4754

West Village — NYU-SCPS — Japanese

NYU | SCPS

Learn a new language or enhance your existing skills at NYU-SCPS, which offers noncredit courses and certificates in more than 20 languages as well as private instruction and proficiency testing. Concentrate in Japanese, Spanish, Russian, or Arabic, which are becoming increasingly important in business, or develop your appreciation of culture through classes like Japanese through Anime and Manga

7 E. 12th St. (bet. University Pl. & 5th Ave.)
212-998-7150 www.scps.nyu.edu

Midtown East — Rennert New York — Japanese
215 E. 45th St. 17 Fl. (bet. 2nd & 3rd Ave.)
212-877-0700

Koreatown — BYJ USA Culture Class — Japanese
350 5th Ave. 9 Fl. (bet. 33rd & 34th St.)
212-601-2720

Chelsea — ABC Language Exchange* — Japanese
146 W. 29th St. #6E (bet. 6th & 7th Ave.)
212-563-7580

Chelsea — Tann* — Japanese
43A W. 13th St. (bet. 5th & 6th Ave.)
212-645-2800

Tribeca — Tribeca Languaga — Japanese
22 Harrison St. (bet. Hudson & Greenwich St.)
212-219-9493

Long Island — Long Island Japanese — Japanese
21 Beacon Hill Rd. Port Washington, NY 11050
516-883-5745

Long Island — Long Island Japanese Culture Center* — Japanese
2 Heaven Ave., Ste. 236 & Studio L, Port Washington
516-554-4907

Westchester — Go! NihanGo Language — Japanese
P.O. Box 33 White Plains, NY 10605
914-255-5288

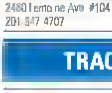
Purchase — Kaio Academy of New York — Japanese

Each summer, Kaio Academy of NY organizes a two week cultural exchange residential program for middle and high school students from Japan and the US. Come join and experience the unique bilingual & culture all learning environment!

3 College Rd. Purchase, NY 10577
914-701-3454 www.kaio.edu

Westchester — WCC/Continuing Edu* — Japanese
75 Grasslands Road, Valhalla, NY 10595
914-606-6830

New Jersey — Japanese-American Society of New Jersey* — Japanese



The Japanese language program is taught by highly trained instructors who qualified through the special certification program. Group and individual lessons are available on and off the premises as well as via Skype.

304 Main St. 2nd Fl. Fort Lee, NJ 07024
201-461-5133 www.jasofny.com

New Jersey — R/Lingo Learning Center — Japanese
2480 Lemoine Ave. #104 & 105 Fort Lee, NJ
201-347-4707

TRADITIONAL

Upper West — Ikenobo Ikebana School — Ikebana
30 W. 30th St. #6K (bet. Broadway & Columbus)
212-757-8748

Upper West — Saikou Shodo — Calligraphy

Private student lessons by an instructor with 39 years of shodo practice and an 8th dan - the highest shodo degree. Lessons can be arranged on Tue, Thu, Sat and Sun. Monthly Bokuga (ink painting) meetings are also held. Email saikou5102009@gmail.com for more details

315 W. 61st St. (at West End Ave.)
212-247-2589 www.saikoushodou.com

Upper West — Sogetsu Ikebana School — Ikebana
201 W. 70th St. (at Amsterdam Ave.)
212-873-1115

Upper East — Urasenka Chanoyu Ctr — Sado
153 E. 65th St. (bet. 3rd & Lexington Ave.)
212-569-6161

Midtown West — Ellies NewYork Floral Design — Ikebana
15 W. 44th St. 11 Fl. (bet. 5th & 6th St.)
212-661-3896

Midtown West — N.Y. Togei Kyoshitsu* — Pottery

N.Y. Togei Kyoshitsu has been offering Japanese ceramic classes for beginner to advanced students since 1994. They teach traditional artistries, aesthetics and distinct quality of togei. 2.5 hour minimum class is $35. Until established enough for open studio members

6 W. 30th St. 3 Fl. (bet. Broadway & 5th Ave.)
212-268-1711 www.uytogei.com

Midtown West — NIHONWASOU USA — Kimono
1410 Broadway #2619 (bet. 38th & 39th St.)
212-869-0500

Midtown West — The Nippon Club — Sado
145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223

Midtown East — Lotus Books and Gifts — Ikebana
151 E. 57th St. 3 Fl. (bet. 3rd & Lexington Ave.)
212-744-5123

Chelsea — Ikebana Flowers New York — Ikebana
1133 Broadway #230 (bet. 25th & 26th St.)
212-255-3769

Lower Mhn — Takamon Calligraphy Class — Calligraphy
31 Bond St. (bet. Bowery & Lafayette St.)
917-579-2152

Soho — Kimono House — Kimono
131 Thompson St. (bet. Prince & Houston St.)
212-505-0232

Queens — Nosho-kai Ryukyu Dance School — Dance
242-17A Oak Park Dr. Douglaston, NY 11362
718-631-2637

Japan — Ohara School — Ikebana
OharaNYC@aol.com
201-985-0353

MARTIAL ARTS

Upper West — Aikido Up Hara — Aikido
3 Henshaw St. (bet. Riverside Dr. & Cyclorama St.)
646-483-8700

Upper West — Kokushi Budo Institute — Judo
332 Rivers de Dr. (bet. 105th & 106th St.)
212-866-7777

Upper West — Shorinryu Matsuhayashi* — Karate
131 W. 72nd St. #2R (bet. Columbus & Amsterdam)
212-875-1828

Upper West — UWS Kenshikai Karate* — Karate
320 Columbus Ave. (bet. 105th & 106th St.)
212-222-1172

Upper East — Aikido Shoho Oojo — Aikido
360 E. 72nd St. (at 1st Ave.)
646-505-9212

Midtown West — D-Dojo — Karate
500 8th Ave. 12 Fl. (bet. 36th & 38th St.)
212-537-8441

Midtown West — New York Budokai — Kendo
520 8th Ave. 16 Fl. (bet. 36th & 37th St.)
917-521-1460

Midtown West — Shinjinbukan New York* — Karate
339 8th Ave. #307 (bet. 55th & 56th St.)
917-400-9183

Midtown West — Shinkyokushinkai NY — Karate
520 8th Ave. 16th Fl. (bet. 36th & 37th St.)
646-235-0293

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New York, NY 10168
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www.hillslearning.com

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www.starchildny.com info@starchildny.com

JAPAN POP QUIZ

Which Japanese fairy tail does NOT exist?

1. Momotaro
2. Kintaro
3. Chikarataro
4. Sushitaro

Midtown West **World Oyama Karate**
35 W 31st St 8 R (bet 5th Ave & Broadway) 212-629-7709 — Karate

Midtown East **Bujinkan Rukasu Budo Dojo**
Learn to walk the path towards the enlightened warrior trad tional and modern training balance and harmony are the keys Classes for Men Women & Teens We started Budo & Ninjo Taijutsu Contact: info@rukasubudodojo com
317-653-2232 www mkssubudojo com — Training Studio

Midtown East **KYOKUSHIN KARATE NY Branch***
State of the Art Facil ty now open on Madison Ave 3 Tri-State area locations Edgewater NJ Westchester NY and Midtown Manhattan All ages & ab l t es welcome Kids Free Tr al Class ava lable Coach ng champions s nce 1953
265 Madison Ave. 5 Fl. (at 39th St.) 212-947-3334 www.kkny.net — Karate

Midtown East **Shido Gakuin**
265 Madison Ave 5th fl (bet 39th & 40th St.) 630-414-0644 — Kendo

Chelsea **N.Y Shorin Ryu Karate**
37 W 26th St 5 Fl (bet 5th Ave & Broadway) 212 490-9600 — Karate

Chelsea **New York Aikikai***
142 W 10th St 2 Fl (bet 6th & 7th Ave) 212-242-6248 — Aikido

Chelsea **Shonan Kempo NYC Branch**
64 F 4th St. 3rd FL (bet 2nd Ave & Bowery) 347 277-4381 — Karate

Chelsea **U.S. Buda Kai-Kan***
110 W 14th St. 2 FL (bet. 5th & 7th Ave.) 212-807-7335 — Mix

Chelsea **World Seido Karate***
111 W 23rd St. 2 Fl (bet. 5th & 6th Ave.) 212-924-0511 — Karate

East Village **Karate Honma Dojo**
58 E 11th St 5 Fl (bet Broadway & University) 212-505-0651 — Karate

East Village **New York Jiu Jitsu***
606 Broadway Room (at Bond St) 212-343-6310 — Jiu Jitsu

Tribeca **Ken Zen Institute**
54 Thomas St (Nr Church St & W B way) 212-406-9104 — Kendo

Tribeca **Dishi Judo Club***
547 Greenwich St (bet. Va rick n & Chariton St) 212-966-6950 — Judo

Brooklyn **Aikido of Park Slope**
565 5th Ave (at 16th St.) 718-790-5832 — Aikido

Queens **School of Taijutsu**
475 Onderdonk Ave Ridgewood NY 11385 917-443-7095 — Mix

Long Island **NY San Ten Karate**
1370A Majors Path Southampton, NY 11968 631-390-4220 — Karate

New Jersey **Kokushikai Judo***
24-28 Fa r Lawn Ave Fa r Lawn NJ 07410 201-797-6596 — Judo

New Jersey **KYOKUSHIN KARATE NJ Branch**
380 Old R vin rd. 2 Fl Edgewater NJ 07020 212-947-3334 — Karate

New Jersey **Ridgewood Karate School**
30 Cottage Pl Ridgewood, NJ 07450 201-447-2272 — Karate

New Jersey **Yoshitsune Jujutsu Kai**
434 Broadway Bayonne NJ 07002 201-775-9019 — Jiu Jitsu

OTHER

Upper West **Columbia Univ**
2960 Broadway (at W 116th St) 212-854-7403 — Music

Upper West **DanceCatNY**
— Dance

Upper East **Seori Weaving Arts**
227 E 67th St. (bet. 2 nd & 3 d Ave) 212 722-2696 — Other School

Midtown West **Hanyama Ballet**
56-60 W 39th St. 3rdFl (bet. 5 th & 6th Ave) 10018 347-451-1801 — Dance

Midtown West **The Nippon Club**
145 W 57th St. (bet. 6th & 7th Ave) 212-581-2223 — Dance

Midtown West **The School for Strings**
416 W 54th St. (bet. 9th & 10th Ave.) 212-315-0315 — Music

Midtown West **Toho Shoji N.Y***
990 6th Ave (bet. 38th & 37th St.) 212-967-7445 — Jewelry Making

Chelsea **COBU**
99 W 14th St. 3 Fl (bet. 5th & 6th Ave) 917 304-2722 — Japanese Drum

Chelsea **Sachiyo Ito & Dance Co**
405 W 23rd St. #4B (at 9th Ave t 212-627-0215 — Dance

Midtown East **SDBA Making**
Soba Making Lesson Every Sunday Session 12-2 30pm Th s lesson w ll include a l t ture on the h story and nu trition of soba as well as soba test ng and hands of soba mak ng Contact Mr Kotani at world_w de_soba_ny43@yahoo co jp
330 3rd Ave 2 FL (at 31st St) www worldw de-soba com — Cooking

Midtown East **The DOJO***
The Dojo
Athlet c Arts Training Center* now open near Grand Central! Performance arts martial arts dance studio rentals Movement Studies and more 2500sf State of Art Facility fully equipped for rehearsals auditions group classes personal training
265 Mad son Ave. 5 Fl (at 39th St.) 212-947-3334 www kkny net — Training Studio

Chelsea **Toko Kyudojo**
Kyudo the practice of Zen archery is a form of moving meditation The focus of the practice is on "cleansing the mind" rather than marksmanship The target becomes a mirror reflecting one s mind at the moment of the arrow s release
118 W 22nd St 6th Fl (bet 5th & 7th Ave) 212-613-0938 www tokokyudojo org — Kyudo

Tribeca **Florentine School**
364 Broadway (bet Walker & White St) 212-625-6338 — Music

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IKEBANA (Flower Arrangement)
SHODO (Japanese Calligraphy)

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~はいくらですか

"~WA IKURA DESU KA."

【meaning】How much does ~ cost?

【usage】Restaurants, subway shops, movie theaters, etc. – whenever you'd like to ask the price of something, use this phrase. Japanese currency is yen (pronounced en). $1 is equivalent to 109 yen as of August 2008

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At Happy Science USA
79 Franklin Street, NY, NY 10013 (btw Bdwy and Church)
TEL: 1(212) 343-7972 www.newyork.happyscience-na.org

Entertainment Event / Leisure

Exhibition

July 14 - 15 **FREE**
Traditional Kyoto Craftsmanship Meets Modern Art
SACRA

Renowned in Japan for beautifully merging the traditional Kyoto aesthetic with modern artistry, Sacra is devoted to handcrafting intricate, modern day accessories for kimono attire, or Wakomono, using precious, age-old fabrics and generationally-perfected craftsmanship. Their first international exhibition includes covetable pieces such as a party clutch using silk fabrics over 1,500 years old and kimono wear born of their collaboration with award-winning artist, Tatsuke Kinugasa. Pieces will be available for purchase on site.

Location: 1133 Broadway, (bet. 25th & 26th Sts.), #335
New York, NY 10010
TEL: 646-265-0810
www.sacra-japan.com

Performance

July 5 **FREE**
Japanese Dance Concert by Sachiyo Ito
Lincoln Center

Sachiyo Ito and Company will present exquisitely beautiful and elegant Japanese classical dances. The program will include Kabuki dances from 19th century such as Fuji Musume (Wisteria Maiden) and Mitsumen Komori (Three Mask Lullaby) originally staged in 1826 and 1829. To familiarize the audience with Kabuki for the Kabuki performance the following week at the Lincoln Center Festival, Sachiyo Ito will offer a demonstration on Kabuki dance with various styles of walking by characters in Kabuki plays and use of stage props such as a dance fan.

Location: David Rubenstein Atrium Center at Lincoln Center
61 W. 62nd St., (On Broadway), New York, NY 10023
TEL: 212-875 5350
http://atrium.lincolncenter.org

July 7-12
Heisei Nakamura-za
Lincoln Center Festival

The Heisei Nakamura-za company, Kabuki theater troupe led by Kankuro VI is reviving a rarely performed 19th-century ghost story Kaidan Chibusa no Enoki (The Ghost Tale of the Wet Nurse Tree) about the murder of an artist by a handsome samurai who desires the artist's wife, at the Lincoln Center Festival. Running the emotional gamut from drama to uproarious slapstick comedy and culminating in a thrilling fight to the death beneath a waterfall, this is Kabuki theater at its most engaging featuring an acting tour de force by Kankuro VI who plays three difficult roles with lightning-fast transformations sometimes within the same scene.

For ticket purchases, please call 212 721-6500 or visit http://lincolncenterfestival.com/current-season/heisei-nakamura-za.

Location: Rose Theater, Jazz at Lincoln Center's Frederick P. Rose Hall
Broadway at 60th St. 5th Fl. New York, NY 10019
www.lincolncenterfestival.com

July 17
Summer Breeze- Brazilian Jazz Night Featuring Erika

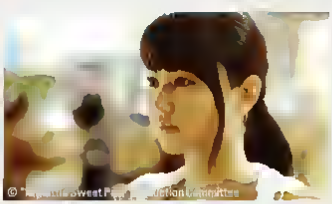
Event Feature

July 10-20

JAPAN CUTS: The New York Festival of Contemporary Japanese Cinema

Japan Society

North America's largest showcase of Japanese film, JAPAN CUTS 2014 returns for its eighth annual installment at Japan Society. Running July 10-20 and screening 27 features with 8 special guests, JAPAN CUTS encompasses a thrilling cross section of cinephilic genre oddities: sword-swinging period action, profound documentaries, cathartic melodramas, warped comedies and cutting-edge arthouse cinema made in and around Japan. The festival will open July 10 with the U.S. Premiere of Takashi Miike's undercover cop saga *The Mole Song: Undercover Agent Reiji*, followed by the yakuza-turned-filmmaker movie magic that is



Sion Sono's *Why Don't You Play in Hell?* The screening features an introduction and Q&A with actress Fumi Nikaido, named by Variety this year as its International Star You Should Know, as well as the JAPAN CUTS Opening Night "Let's Play in Hell!" Party. As in past years, the festival dovetails with the 13th New York Asian Film Festival (NYAFF), co-presenting 13 titles in the JAPAN CUTS lineup.

Location: 333 E. 47th St, (bet. 1st & 2nd Aves.)
New York, NY 10017
TEL: 212-832-1155 / www.japansociety.org

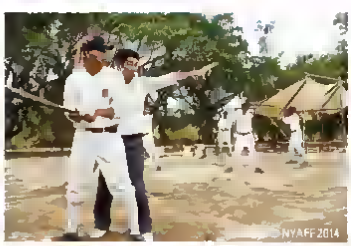
Matsun

New York based Japanese jazz vocalist Erika Matsue best known for Coca Cola's So-Ken-Bi Cha TV commercial in Japan will perform at ShapeShifter Lab With a background in classic piano rock and various styles of jazz vocals Erika has performed at venues such as B B King's Sweat Rhythm Kitano and S O B's and has regularly toured in Japan In this one set only performance she will perform Brazilian with Yusuke Hirado (piano) from Quasimode Jorge Continentino (sax & flute pifano (Brazilian flute)) Leo Traversa (bass) and Kenta Ogawa (perc & drums).

Location: ShapeShifter Lab
18 Whitwell Pl., Brooklyn, NY 11215
TEL. 646-820-9452
www.shapeshifterlab.com
Info. www.erikajazz.com

Lecture/Forum/ Film/Festival

June 27 - July 14
The New York Asian Film Festival 2014
Subway Cinema



Now celebrating its 13th year, The New York Asian Film Festival is bringing the best of contemporary Asian cinema back to Lincoln Center This year's festival will be screening 60 feature films from Australia China Hong Kong Japan Korea and Taiwan kicking off with the international premiere of Alan Mak and Felix Chong's crime thriller *Overheard 3* and including a number of North American and New York premieres *Manshin: Ten Thousand Spirits*, the documentary about Korean shaman Kim Keum-hwa will close the festival, while Umin Boya's Taiwanese baseball movie *Kano* [Pictured above], will be the festival's centerpiece. Don't miss out on one of New York's most exciting film festivals

Location: The Film Society of Lincoln Center
70 Lincoln Center Plaza
New York, NY 10023-6595
TEL. 212-875-5367
www.subwaycinema.com/nyaff14/

July 2
KABUKI: WHAT'S IT ALL ABOUT?
The Japan Foundation/The Nippon Club

Coinciding with the return of the acclaimed Heisei Nakamura-za kabuki company to Lincoln Center Festival this summer (July 7 – 12) The Japan Foundation New York and The Nippon Club are hosting a public lecture "KABUKI WHAT'S IT ALL ABOUT?" on July 2 by Professor Samuel L. Leiter of Brooklyn College In this talk, Prof Leiter will provide a brief, well-illustrated overview of kabuki's origins and development, and will explain a number of theatrical methods that will help make kabuki easily understandable Space is limited and RSVP is required For details visit www.jfny.org/language/events.html

Location: The Nippon Club
145 W. 57th St., (bet. 6th & 7th Aves.)
New York, NY 10019
TEL. 212 489-0299 / www.jfny.org

August 5, 24
Screening: Seven Samurai by Akira Kurosawa
Symphony Space

In Akira Kurosawa's Seven Samurai (Shichinin no Samurai) 16th Century villagers hire the eponymous warriors to protect them from invading bandits This gripping three-hour ride is one of the most beloved movie epics of all time The film is screened in Japanese with English subtitles

Location: 2537 Broadway, (at 95th St.)
New York, NY 10025
TEL. 212-864-5400
www.symphonyspace.org

Event

July 11, 12
Two-Day Summer Sale 2014
NY Coo Gallery

On July 11 and 12th, NY Coo Gallery will present a Two Day Summer Sale of Japanese Ceramic Artists, Tatsuo Sagane's potteries Sagane insistently fires his pottery in his traditional anagama kiln he built which creates striking natural surfaces from the natural ash glaze In his single-chamber anagama kiln Sagane's spirit fuses with all the elements of nature clay fire wood and air to become his expression. There will also be works by other artists including necklaces and pierced earrings by TOPPI NYC

Location: 1133 Broadway, (bet. 25th & 26th Sts.), #335
New York, NY 10010
TEL. 212 388 1149
www.nycoo.com

July 13
The 3rd Annual Happy Science Matsuri
Happy Science USA

Non-profit organization Happy Science USA is holding their 3rd annual Happy Science Matsuri on July 13 Come and experience traditional Japanese culture arts and crafts and delectable Japanese snacks as well as activities that will include a tea ceremony, calligraphy, arts and crafts, balloon yo-yo fishing and sushi making Enjoy the experience at your own pace and take home the crafts that you make Also if you have a yukata (a summer kimono) this is a perfect opportunity to wear it!

Location: 79 Franklin St., (bet. Broadway & Church St.)
New York, NY 10013
TEL. 212-343-7972
ny@happy-science.org

July 21 - 27
Kura no Shikon Premium Shochu Tasting Night
Komasa Jyozo / Aburiya Kinnosuke

Learn about the intricacies of Japan's quintessential sweet potato-derived spirit, and discover the rich layered flavors found in premium shochu varietals Throughout the week Aburiya Kinnosuke will host a comparative tasting of the iconic original Kura no Shikon shochu, and their new premier artisan varietal Gokujyo Kura no Shikon, which was painstakingly handcrafted throughout the distilling process Order a glass of each ($25) for a complimentary dish of Tsukune (Grilled Ground Chicken) and be guided through each sip with their expert bartender

Location: Aburiya Kinnosuke
213 E. 45th St. (bet. 2nd & 3rd Aves.)
New York, NY 10017
TEL. 212-867-5454
www.aburiyakinnosuke.com
Info: www.komasa.co.jp (Japanese only)

September 13 - 14
Speed Dating & BBQ Party: Meet Japanese Women
MeetJapanLady.com

A speed dating event hosted by MeetJapanLady.com a match making service, that aims to tie single American

men with Japanese women who are already internationally sophisticated, speak English and reside in the tri-state area. The speed dating event will be held in New York City on Sept. 13 and the barbecue party will be held in New Jersey on Sept. 14. Only those who are serious about finding their lifelong partner will be accepted to participate in these two special events. Register online.

TEL: 443-470-5750 / www.meetjapanlady.com/event/ny2014.html

Happenings

Buy 1 Get 1 Free Beer and Wine and 20% OFF Total Bill

Himalayan Yak Restaurant

Located in Jackson Heights, the Himalayan Yak Restaurant is one of the oldest Himalayan fusion restaurants in New York. A recipient of numerous awards since its opening in 2005, the Himalayan Yak Restaurant has been featured in an episode of the hit ABC series "Ugly Betty," showcasing the restaurant's exotic food and cozy ambience. From June 23 - August 31, the restaurant will be offering 2 promotions: buy 1, get 1 free beer or glass of wine; and when you mention Chopsticks NY you will receive 20% off of the total bill.

Location: 72-20 Roosevelt Ave., Jackson Heights, NY 11372
TEL: 718-779-1119
www.himalayanyak.com

Free Select Appetizer With Order of Hiyashi Tan Tan Men

Ramen Misoya

Ramen Misoya is the first restaurant in New York City to specialize in three types of miso and prides itself on creating nutritional food that helps benefit one's diet. Now for the whole month of July, Ramen Misoya is offering free gyoza, fried chicken or cha-han fried rice for those who order the Hiyashi Tan Tan Men. Please don't forget to mention Chopsticks NY when you place your order. This offer is available during lunchtime hours only.

Location: 129 2nd Ave., (bet. 7th St. & St. Mark's Pl.)
New York, NY 10003
TEL: 212-677-4825
www.misoyanyc.com

Get 10% Off Total Bill

Cho Cho San

Named after Puccini's Madam Butterfly and owned by a former actor, Cho Cho San is a popular Japanese restaurant that serves fine japanese cuisine in a unique and relaxing environment. The restaurant regularly offers bento boxes and All-You-Can-Drink sake for $10 per person, and accommodates party options up to 40 guests. Now they are offering a 10% discount on your total bill when you mention Chopsticks NY.

Location: 15 W. 8th St., (bet. 5th & 6th Aves.)
New York, NY 10011
TEL: 212-473-3333
www.chochosanrestaurant.com

Receive 10% Off Total Check

Umami Shoppu

Bringing together his father's intensive ramen-chef training in Japan and his knowledge of the American palate, the owner/chef of Umami Shoppu has innovatively introduced the flavors and textures of Japan's best noodles in the presence of toppings such as salmon, pickled ginger and wood ear mushrooms. Now for the whole month of July, Chopsticks NY readers can receive a 10% discount on the total check. Don't forget to mention Chopsticks NY when you place your order.

Location: 513 6th Ave., (bet. 13th & 14th Sts.)
New York, NY 10011
TEL: 212-229-9991
www.umamishoppu.com

Shiatsu Massage & Herbal Sauna Package 50% Off

iDo Holistic Center

Throughout July, iDo Holistic Center that offers Japanese holistic therapy treatments in New York City's Midtown area, will be offering a deluxe full body massage package designed to relieve stress and ease the body and mind for $89 (Reg. $160). The package includes a 30 minute muscle-tension easing herbal sauna + a 70 minute full body shiatsu massage to target tough knots and areas of stress retention, and 5 minutes of stretching, followed with helpful at-home stretching advice from your therapist.

Location: 22 E. 49th St., (bet. Madison & 5th Aves.), 3rd Fl.
New York, NY 10017
TEL: 212-599-5300
www.idocenter.com

Happenings Feature

Introducing Sake to the World
Permanent Representative of Japan to the United Nations

On June 11, Permanent Representative of Japan to the United Nations (H.E. Mr. Motohide Yoshikawa) hosted a Sake Tasting Reception, inviting many ambassadors to the United Nations and senior staff of the United Nations, in support of Sake Export Association and the Premium Sake Association. Featuring flavors from 13 sake breweries and 14 sake masters, this event promoted the beauty of sake, aiming to increase the volume of sake exports to the U.S., where Japanese cuisine such as ramen and sushi are booming.

Participating 13 breweries included: Akita Seishu, Asahi Shuzo, Imada Sake Brewery, Kaetsu Sake Brewery, Marumoto Sake Brewery, Nishiyama Shuzojo, Okunomatsu Sake Brewery, Rihaku Sake Brewing Co., Takasago Shuzo, Tentaka Shuzo, Tenzan Sake Brewery, Toshimon Brewery and Yumegokoro Sake Brewery.

Info: www.un.emb-japan.go.jp

Gekkeikan Sparkling Sake Get 2nd FREE

Alpha Fusion 34

Alpha Fusion Restaurant will match your order of Gekkeikan Sparkling Sake "Zipang" with a complimentary second bottle when you order the refreshing drink during the month of July. Known for their sophisticated mix of Asian cuisine inspired by Japanese spices and dishes, the chef and staff aim to treat each customer as a personal guest. The cocktail bar, sushi bar and upbeat music make Alpha Fusion a fun and delicious summer night spot.

Location: 365 W. 34th St., (bet. 8th & 9th Aves.), New York, NY 10001
TEL: 212 279 8887
www.alpha34.com

15% Off Place Settings & Sampling Program

Noritake

Noritake is an acknowledged leader in fine tableware and china with over a 100+ year legacy operating in New York City. Exclusive to Chopsticks readers, Noritake will offer 15% off their wide range of 4pc / 5 pc place setting sets and on their helpful Sample Program that allows customers to physically see 1 item from each set before purchasing the complete set. Simply type in the promo code "CHOPSTICKSJULY" at check-out. Valid June 23 - July 31, 2014

Location: Online only at www.noritakechina.com
EMAIL: nsc.tab@noritake.com

Bonus Stamp for RAKU's Point Card

RAKU-it's Japanese II!

The Upper West Side Japanese restaurant RAKU-It's Japanese II! known for their 80+ selection of hand rolls and willingness to recreate their customer's favorite past menu items upon request, is offering all Chopsticks NY readers a free stamp for their points card (up to $50 value). A gift certificate is rewarded when enough stamps have been accumulated. Mention "Chopsticks NY" when ordering. Beer and sake is always Buy 1 Get 1 Half Price. Delivery is available.

Location: 57 W. 76th St. (bet. Columbus Ave. & Central Park West.)
New York, NY 10023
TEL: 212-873-1220 / www.rakuupperwest.com

$25 Oil Summery Japanese CelGel Nail Art

W nails

Just opened this April in Midtown East, the veteran Japanese nail artists at this new beauty spot, W nails has created a charming array of summer-inspired nail art designs using Japan's most popular gel-based manicure system, CelGel. Take advantage of their nail art mastery by requesting one of the five recommended brand new summer designs. The color combination can be modified. Mention Chopsticks NY and get $25 off the service, which is usually priced at $85. Offer lasts through July 31.

Location: 1059 2nd Ave., (bet. 55th & 56th Sts.), New York, NY 10022
TEL: 212-355-3030

Grand Opening Special 50% Off Hair Service

Shinji 5th Ave Salon

Having established himself as a highly wanted hair stylist in renowned salons across Japan, Thailand and New York, Shinji opened his own salon this spring in the Flat Iron District. For the grand opening, Shinji 5th Ave Salon will be offering services at half their usual pricing: hair cuts will be $30 from the original $60, color will start at $35 instead of $70 and up, and Japanese Hair Straightening will start at $149 and up from $300 and up. By appointment only.

Location: 123 5th Ave., (bet. 19th & 20th Sts.), 2nd Fl.
New York, NY 10003
TEL: 347-580-0606

10% Off the Entire Website

Ramen Planet

Ramen Planet wants to change the common perception of "Ramen" and expose all the delicious and unique varieties of Japanese and Korean noodles, pastas, ramen cooking tools, and hard-to-find Japanese snacks that exist beyond the bred varieties sold at every deli. They also offer a subscription service that brings a variety of packaged delicious goods every 2 weeks or once a month. They're offering 10% off everything on the site throughout July with coupon code: CHOPSTICKS

Info: www.RamenPlanet.com

Free Shochu or Wine with Tapas Platter

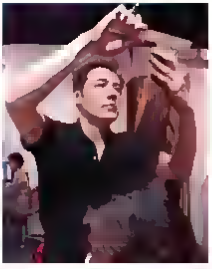
Shochu and Tapas AYA

Shochu and Tapas AYA's new summer menu features 15+ delicious Italian tapas plates that range from $6 - $15 each. Luckily, the Tapas Platter allows you your choice of 7 for only $35. The perfect quantity to share between two. Better yet, mention Chopsticks NY and each guest who orders the platter (up to two guests per plate) will get a complimentary glass of wine or shochu from their vast collection that includes rare varieties that are hard to find in New York City. Offer only valid through July 30.

Location: 247 E. 50th St., (bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL: 212-715-0770
www.aya-nyc.com

First Time Customer with Yaz will Get 20% Off

Salon Vijin



Salon Vijin stylists create sophisticated looks that are modern and chic as well as styles that are easy to maintain. Salon Vijin's stylist, Yaz has over 18 years of experience at famous salons in Tokyo and New York. Until the end of July, first time customers with Yaz will get 20% off the total cost at checkout. At Salon Vijin you can reach your full beauty potential through a hairstyle that has been designed exclusively for you.

Location: 22 E. 1st St., (bet. Bowery & 2nd Ave.)
New York, NY 10003
TEL: 212 664-0664 (English) / 212-997-2222 (Japanese)
www.salonvijin.com

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